

June 30th, 2016

Healthier Northern Communities ebrief

2016/17 Expression of Interest for Learning Initiatives in Rural and Northern BC (LIRN BC)

Monday, July 4th, 2016 @ 5:00pm (PDT) - Deadline for Applications

LIRN BC is offering 25 workshops coordinated by a number of BC's leading community development organizations. Consider applying for one of the partners to visit your rural community and host a workshop. LIRN BC does not provide direct funding, but offers support in the form of facilitation and planning services. The [LIRN BC](#) review process will take place in early July and successful applicants can expect to be contacted by a LIRN BC partner by early fall. Request applications by email to: jsands@sparc.bc.ca

Food for Thought

- [Eating well while camping](#)
- [Staying safe on the water](#)
- [Finding quality child care](#)
- [Preparing delicious summer salads](#)
- [Success By 6 Public Awareness Video](#)
- [Success By 6 Annual Report](#)

Healthier Communities Resources

YouCheck for Men – Canadian Men's Health Foundation

YouCheck is a world first – a health awareness tool built specifically for men. It is your first step in making small changes that lead to big time benefits over the long haul. It's free and 100% confidential. All it takes is 10 minutes to see your next 10 years. [Check your health](#)

Carrot Rewards - Canada's First Wellness Rewards Program Launches in BC

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](#)

Pregnancy Passport Helps Moms-to-be Through Their Special Journey

Women expecting a baby can access a new Pregnancy Passport to help them have a healthy pregnancy, track their progress, and prepare for their baby. [Our Special Journey: Pregnancy Passport](#) is a booklet developed by [Perinatal Services BC](#) in partnership with the Ministry of Health and health authorities and is a companion to [Baby's Best Chance: Parents' Handbook of Pregnancy and Baby Care](#).

The Canadian Cancer Society's New Campaign: Encouraging Teens to Think Before You Vape

Research shows that about 16% of BC youth have tried an e-cigarette. The trending vape devices have limited research proving potential benefits or harms and the long-term health effects of inhalation are troublingly unknown. The campaign features two PSA videos that show surreal and potentially harmful situations—two scenarios where the danger isn't immediate but the potential for long term harm exists, and an interactive stunt that transformed a transit shelter into a crystal ball. [Canadian Cancer Society](#)

- Ooze: <https://youtu.be/Y53PgO3nx5U>
- Egg: <https://youtu.be/VPWg9V1hEt8>
- TSA: <https://www.youtube.com/watch?v=YfXikB5QK-0>

2016 ParticipACTION Report Card on Physical Activity for Children and Youth

Are Canadian kids too tired to move? This year's Report Card reveals sedentary lifestyles are connected to a creeping 'sleepidemic' among Canadian children and youth. Which is why for the first time, it assigns a grade to sleep and includes the new *Canadian 24-Hour Movement Guidelines for Children and Youth*. To download the Report and communications tools, [visit our website](#).

The Flotation Report

The Flotation Report contains 20 years of research into the incidences and causes of water-related fatalities and lifejacket/personal flotation use in Canada from 1991-2010. The report found that boating accounts for more than one-third of drowning deaths in Canada. The most frequent risk factor for boating deaths has been non-wearing of personal flotation devices (PFDs). [Read the report](#)

Concussion Ed

An estimated 225,000 Canadians suffer concussions annually, with many of them turning to Google for help. Concussion Ed, Parachute's newest mobile application provides users with interactive resources and tools around how to prevent, recognize and manage concussions, including when to see a doctor and guidelines for returning to sports and learning activities. [Download application](#)

2016 is the International Year of the Pulses

The 68th United Nations General Assembly declared 2016 as the International Year of Pulses (IYP). The term "pulses" may not be familiar to some people. Pulses are part of the legume family but pulse only refers to the dried seed and includes dried peas, edible beans, lentils and chick peas. Pulses do not include soybeans, peanuts, fresh peas or fresh beans. [Pulse Canada](#)

Father-Paternity Information Sheet from the Encyclopedia of Early Childhood Development

To better understand the importance of fathering in today's society, you have to better comprehend the impact fathers have on their children, the various cultural pathways to fathering, and how interventions with fathers can help them, their families and their children's development. [Click here](#) to view and download this excellent information sheet.

BCACCS is now Accepting Nominations for the Child Care Recognition Award!

This award aims to honor exceptional role models working in the Aboriginal early childhood education field throughout BC. These inspiring individuals are the champions of our communities. Traditional First Nations and/or Métis language, culture and practice are celebrated through their passion, dedication and hard work. [Click here](#) for further information and to nominate!

Webinars & Learning Opportunities

The Case of Climate Change and Energy Use – 2016 Public Health Summer School

July 11 & 12th, 2016 @ 9:00 – 4:30pm (PDT) Multiple Locations across BC are linked via UBC Technologies
PHABC Summer School brings together individuals involved in the delivery of public health activities to examine the application of the Ottawa Charter as related to climate change issues and the implications for health and health equity actions at the individual, health care system and community level. Register at: phabc.org For more information about registration please contact Cecilia Velasco at staff@phabc.org

Online Chronic Disease Self-Management Program

The free Online Chronic Disease Self-Management Program is a fun and practical online workshop that can help people with chronic conditions overcome daily challenges and maintain an active, fulfilling life. Participants learn about healthier ways to live, manage their health and feel more positive. They are provided with information, strategies and techniques so they will have the tools they need to help themselves. Workshops are on-going and you can register at: Centre on Aging at the University of Victoria

Success By Six - 2016 Webinar Series

If you missed our recent Webinar on Early Years Screening Networks and Health Fairs - [Click here](#) to view the recording and contact us at info@successby6bc.ca for further resources relating to this webinar or [Click here](#) to access recordings of each webinar presented during our spring webinar series.

5th Health & Wellbeing in Children, Youth & Adults with Developmental Disabilities Conference November 16th – 18th, 2016 Vancouver BC

Children, youth and adults with Developmental Disabilities (DD) are vulnerable to high rates of general health and mental health concerns. This interactive 2016 conference will focus on practical strategies to optimize their potential. Our goal is to help clinicians and caregivers learn effective ways to work with individuals with DD and their families, to improve their quality of life experience. This conference will engage health care providers and educators from a wide range of professional disciplines in knowledge transfer and inter-professional collaboration. [Click here](#) to view the conference brochure. [Click here](#) to register online.

Funding Opportunities

Community Fund for Canada's 150th

Canada will be celebrating its 150th anniversary in the summer of 2017. Eligible applicants 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

NEW CBRC Resist Stigma \$1,000 Grants – Call for Submissions

Stigma is a strong social power that keeps people out. It is a driver of the HIV epidemic and a key social determinant of health for young gay and bisexual men. [Resist Stigma](#) will empower young LGBTQ2S guys by helping them recognize and respond to stigma in their own lives and communities. The Resist Stigma [project](#) will provide small grants of up to \$1000 to individuals or organizations with powerful ideas on how to Resist Stigma. For more information about how to apply for funding, check out the [call for submissions](#).

For More Opportunities Check Out:

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

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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