

March 16th, 2016

Healthier Northern Communities ebrief

Hello Everyone,

We are excited to share a new opportunity for British Columbians with you!!!!

Carrot Rewards - Canada's First Wellness Rewards Program Launches in B.C.

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](#)

Food for Thought

- [Local Group Spreading Awareness About Sexual Exploitation Of Youth | CKPG-TV](#)
- [Surrey struggles to keep agriculture from withering: Council adding programs to help keep farmland from being eroded in real estate boom | Business Vancouver](#)
- [The chickens may come home to roost | PeaceArch News](#)
- [Physical Activity and Aging in Canada Video Series | Western – Canadian Centre for Activity and Aging](#)

Healthier Communities Resources

Alcohol Consumption in Canada:

The Chief Public Health Officer's Report on the State of Public Health in Canada, 2015

The report provides a snapshot of drinking in Canada and its effects. It explores how drinking patterns impact the brain and behaviour, and the resulting health impacts. For example, about 3,000 babies are born every year in Canada with Fetal Alcohol Spectrum Disorder. The report also covers influencing factors at play such as the social acceptability of drinking, and how they may influence the risks from drinking. The report closes with a section on reducing the health impacts of drinking.

[Read the Report](#)

Midwife Model Supporting Perinatal Services Celebrated in Haida Gwaii

The journey of bringing birth closer to home and into the hands of women has resulted in a midwife model of care supporting perinatal services in Haida Gwaii. On February 18, 2016 partners celebrated the ceremonial signing of two contracts allowing two midwives to practice and support pregnancies and birth in a rural and remote environment, enhancing maternal and child health programs and services for all women on Haida Gwaii. [Read the Full Story](#)

Why is Housing Important for the Health of Communities?

While housing is considered a basic human right, not all housing is created to meet the same standards. Differences in housing, such as quality, accessibility, and affordability all have impacts on the health of the people who live there. These impacts can positively or negatively affect our health, both over the short and long-term. Read more about why healthy housing matters [here](#).

Sweat is the Best Antidepressant: Where do we go from here?

Physical activity can prevent and treat mental illness, as well as improve overall well-being. Following the Canadian Physical Activity Guidelines seem to be an appropriate amount of time for the prevention of depression. Health professionals have an important role to play in establishing inter-professional collaboration to move forward the use of physical activity for prevention and treatment.

[Alberta Centre for Active Living](#)

Is Inequality Making us Sick?

The opening 56-minute episode, “In Sickness and In Wealth,” presents the series’ overarching themes. Each supporting half-hour episode, set in a different ethnic/racial community, provides a deeper exploration of how social conditions affect population health and how some communities are extending their lives by improving them. [Unnatural Causes](#)

Health Promotion and Chronic Disease Prevention in Canada

Inside this issue: Correlates of partner and family violence among older Canadians: a life-course approach; Estimating the completeness of physician billing claims for diabetes case ascertainment using population-based prescription drug data; With thanks to our 2015 peer reviewers; Other PHAC publications. [Volume 36 • Number 3 • March 2016](#)

Detecting and Treating Suicide in All Settings

The U.S. Joint Commission has recently issued a Sentinel Event Alert which provides health care providers with information to prepare them to know what to do when they encounter a patient with suicidal thoughts. The alert provides 8 steps for practitioners in order to detect patients at risk. Access the Sentinel Alert at: [The Joint Commission](#)

Webinars & Learning Opportunities

Young People, Socio-Economic Processes, and Youth Mental Health Promotion

March 17, 2016 at 10:00 am (PST)

The webinar will share research findings as the result of engaging with 30 young people between 15 and 28 years of age to explore their experiences of the inter-relationship between their socio-economic environments and their mental health and their processes of seeking to realize their mental health.

[Register for the webinar](#)

Health Behaviour in School-aged Children (HBSC)

March 22, 2016 | 10:00am - 12:00pm (PST)

The Centre for Health Promotion of the Public Health Agency of Canada would like to invite you to a technical briefing on the key findings of the 2014 report on Health Behaviour in School-aged Children delivered by the principal investigators of the Canadian HBSC research team. [Register](#)

The Baby-Friendly Initiative in Canada: Milestones and Musings

March 24, 2016 | 10:30am - 12:00pm (PST)

Please join us to learn more about the importance of breastfeeding and explore the role of the Baby-Friendly Initiative (BFI) in Canada. This webinar is hosted by the Public Health Agency of Canada.

[Register](#)

Age-Friendly Communities Evaluation Guide

March 29, 2016 | 10:00am - 11:30am (PST)

Please join us for a webinar and discussion on the Public Health Agency of Canada's Age-Friendly Communities Evaluation Guide and how a local community is using age-friendly indicators to measure the success of their initiative. [Register](#)

Discipline-specific competencies as guidance for health equity work: What does this mean for public health practice?

March 30, 2016 | 10:00am - 11:30am (PST)

This webinar will look at the inclusion of the social determinants of health (SDH), health equity and social justice in public health discipline specific competencies to support action on health equity. Guest speakers will discuss the impact of competencies on front-line public health practice, what supports the translation of equity and SDH content of competencies into program and policy decisions, and how these factors can frame workforce capacity to address health equity. [Register](#)

Innoweave Impact Accelerator

April 1st | 9:00am - 12:00pm (PST) | Victoria, BC

The Innoweave Impact Accelerator is a half-day workshop that helps organizations pin-point the impact they want to have, and understand the different social innovation approaches and tools that can help them achieve that impact. This event is offered in partnership with BC Healthy Communities and Victoria Foundation. [Register](#)

Intergenerational Solutions to Elder Abuse: Kids and Seniors Work it Out

April 28, 2016 | 10:00am - 11:00am (PST)

For decades, governments, non-profits, community health and education advocates have worked from two different camps to alleviate bullying of youth and abuse of older adults. This webinar will assist you in understanding reasons for, and ways to bring those two generational camps together, simply and cost effectively, for maximum impact on their shared area of concern. [Register](#)

Conferences & Gatherings

Cities Reducing Poverty: When Mayors Lead

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 [here](#)

New Warrior Training Adventure (NWTa): Rites of Passage for Men

April 8-10, 2016 in Shawnigan Lake BC

The NWTa is weekend training sponsored by the ManKind Project of Canada and the ManKind Project of British Columbia. [West Coast Men's Support Society British Columbia](#)

Association for Nonprofit and Social Economy Research (ANSER) Conference 2016

June 1-3, 2016 in Calgary, AB

ANSER is a Canadian association working to foster a collaborative community of scholars and researchers, as well as to develop a Canadian body of knowledge that encompasses economic development. [Learn more about the Conference](#)

BCFSN Annual Gathering – SAVE THE DATE!

July 15-17, 2016 in Sylx Territory, at the En'owkin Centre in Penticton, BC

More details will follow soon.

Are you interested in volunteering? Please get in touch with gathering@bcfsn.org

Funding Opportunities

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](#)

Social Sciences and Humanities Research Council: Connection Grants

Next Deadline: May 1, 2016 (ongoing intake throughout the year with four funding cycles)

Connection Grants support events and outreach activities geared toward short-term, targeted knowledge-mobilization initiatives. These events represent opportunities to exchange knowledge and to engage in research issues of value to those participating. Learn More: [Connection Grants](#)

Recent Articles from the Northern Health Blog

- [Manage your munchies & fuel up: 5 tips for Nutrition Month!](#)
- [Foodie Friday: Ready, set, menu plan!](#)
- [Spotlight on an Award-Winner: POWERPLAY](#)
- [Quality counts! 3 tips for Nutrition Month](#)
- [Foodie Friday: Make small changes each meal to nourish your body and mind](#)
- [Invest in healthy aging – new resource!](#)
- [Nutrition Month is here: Get ready!](#)

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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If you have any questions about our list and your privacy, please feel free to phone us at: 250.649.6568

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