

Healthier Northern Communities E-Brief

March 2022

Small Towns, Big Steps in Active Transport

Active transportation in small towns can enhance healthy living for all residents. Learn from BC's six community champions and how they improved active transportation in their towns.

Burns Lake, a small community in northern BC, is one of these champions. Active transportation champions from Lake Babine Nation, the Village, educators, mountain bike groups, and more collaborate to enhance health for the entire community in Burns Lake.



Small Towns
Big Steps
in Active Transport

For more information, visit the [Burns Lake Case Study](#). The [Small Towns, Big Steps in Active Transport website](#) features a new report, case studies, as well as workshop and webinar recordings.

For Your Information

Nutrition Month 2022

March is nutrition month! This year's theme, "Ingredients for a Healthier Tomorrow", focuses on supporting a more sustainable food system for all. [Northern Health's Position on Healthy Eating](#) recognizes that healthy eating is about more than individual food choices and includes components such as resilient food systems, Indigenous food sovereignty, and [food security](#).

[Follow along](#) this month for inspiring stories, from first-hand experiences of a dietitian-farmer to initiatives that bring more local foods into northern schools and hospitals. Also, stay tuned as Northern Health dietitians share tips for promoting more sustainable ways of eating at home, at work, and in the community!

Poison Prevention Week

Dates: March 20-26, 2022

[National Poison Prevention Week](#) is March 20-26, 2022. This year's theme focuses on unintentional poisoning. A poison is a substance that has toxic effects and may cause injury or make someone sick if exposed to it. Each year more than 4,000 Canadians lose their lives to unintentional poisoning. Several new poisoning issues have emerged in recent years: cannabis, e-cigarettes, hand sanitizer, bleach, and laundry detergent pods.

If you are concerned about a possible poisoning or exposure to a toxic substance, call Poison Control immediately at 1-800-567-8911 toll-free in BC. Visit [British Columbia Drug and Poison Information Centre](#) for additional information and prevention tips.

COVID-19 Update

Visit the [Ask BCCDC webpage](#) to read answers to frequently asked questions about COVID-19. Submit your own question about COVID-19 for the BC Centre for Disease Control (BCCDC) team to answer.

Union of BC Municipalities (UBCM) 2022 Convention

Dates: September 12-16, 2022

The 2022 UBCM Convention is taking place September 12-16 in Whistler, BC. For more information, and to book accommodations, visit the [UBCM webpage](#).

Resources (toolkits, reports, websites)

PlanH Resource: Health Impact Assessment

The new PlanH Health Impact Assessment Resource describes the benefits of using Health Impact Assessments (HIA) as a collaborative decision-making tool. The resource also provides ideas, guidance, and resources to support the inclusion of health and equity in policy and decision-making processes. To access the resource, visit the [Plan H webpage](#).

Plan2Adapt

Climate change impacts do not affect every region of British Columbia in the same way. The Plan2Adapt tool generates maps, plots, and data describing projected future climate conditions for regions throughout British Columbia. Plan2Adapt serves the needs of those involved in local and regional community planning. To access the tool, visit the [Pacific Climate Impacts Consortium webpage](#).

Blueprint for Action

School communities can play an important role in preventing substance use and related harms among youth, by using school and community-based efforts to enhance students' overall well-being and resilience. The Public Health Agency of Canada (PHAC) [Blueprint for Action resources](#) are tailored for members of school communities and can be used to prevent substance use and related harms among youth.

A Healthier Recovery for BC

[BC Alliance for Healthy Living](#) (BCAHL) surveyed British Columbians to understand how the pandemic has affected their health and well-being, and what policy measures they support to address some of the current challenges our society is facing. View the full [report](#) to review the survey data and [infographic](#) for a summary of the policy supports.

Housing Information Portal

Launched by the Community Development Institute (CDI) at the University of Northern British Columbia, the research found [here](#) will be of interest to local governments, planners, developers, builders, and provincial governments. The data highlights the strong links between housing and economic development potential in non-metropolitan BC and Canada. This portal contains detailed data reports, webinar recordings, conference presentations, and articles published in magazines and journals.

Climate, Health, and COVID-19 in BC

Simon Fraser University and the Pacific Institute for Climate Solutions produced [a new report](#) that analyses three areas of health and healthcare delivery that have been impacted by the pandemic, and that will likely be impacted by climate change. The researchers identify lessons learned in telemedicine, green infrastructure, and food security, and highlight opportunities for improvement with a focus on increasing equity.

Health and Wellness Planning: A Toolkit for BC First Nations

Developed by First Nations Health Authority, this Health and Wellness Planning Toolkit supports all aspects of developing a Health and Wellness Plan for First Nations. To access the new tools, templates, and community stories, visit the [resource](#).

Healthy Land, Healthy People Collection

Health, well-being, and healing are closely tied to land-based experiences, cultural practices, artistic expressions, and Indigenous language use and revitalization. The [Healthy Land, Healthy People Collection](#) is a selective repository of resources that profiles connections between land and health for Indigenous peoples, and the importance of these connections.

Events and Learning Opportunities

Lower-Risk Nicotine Use Guidelines

Date: March 3, 2022

The Centre for Addiction and Mental Health (CAMH) Lower-Risk Nicotine Use Guidelines is a free one-hour webinar that will highlight the recommendations made in the Lower-Risk Nicotine Use Guidelines (LRNUG). Learn how the recommendations can be applied in your practice. To register, visit the [National Collaborating Centre for Methods and Tools webpage](#).

Food Connections 2022

Dates: March 4 & 5, 2022

[Cowichan Green Community \(CGC\)](#), in partnership with [LUSH Valley Food Action Society](#) and Island Health, present Food Connections 2022, a free two-day virtual food security conference. Learn about topics such as Indigenous food sovereignty, remote and rural food security, urban farming in communal spaces, mental health and food, evaluating food security initiatives, and setting up seed banks. To register, visit [Food Connections 2022](#).

Plain Language for Local Government and the Health Authority

Date: March 9, 2022

Learn how you can use plain language principles to make your message easy for your audience to understand and act on. This helps ensure that the public has the information they need to make informed decisions. To register, visit this [website](#).

Indigenous Peoples' Perspective: Climate Change and Water Safety and Security

Date: March 10, 2022

This webinar will include presentations that highlight Indigenous Peoples' knowledge of, connection to, and protection of water. The speakers will discuss the interconnectedness of the health and well-being of waterways and Indigenous Peoples, as well as discuss how climate change adaptations rely on Indigenous knowledge and technologies to build greater community resiliency and water sovereignty. To register, visit the [National Collaborating Centre for Indigenous Health webpage](#).

Lower-Risk Nicotine Use Guidelines

MindUP For Educators: Science and Practice of Self-care and Mindful Teaching

Date: Ongoing

The Government of British Columbia, Ministry of Education has developed courses to support adult well-being in the K-12 education system. This self-paced course introduces the research around well-being and mindful teaching through the lens of MindUP's four pillars: neuroscience, mindful awareness, social and emotional learning, and positive psychology. Learn, reflect, and practice strategies that help manage stress and support mental well-being. To register, visit the [MindUp For Life webpage](#).

Funding Opportunities

Hamber Foundation Grants

Deadline: March 15, 2022

The [Hamber Foundation](#) funds charities and education institutions in BC making grants available for arts, athletics, health care, education, youth groups, and welfare.

Zero Emissions Transit Fund – Government of Canada

Deadline: March 31, 2022

The Government of Canada launched a call for applications for new projects that will support public transit systems, including the [Rural Transit Solutions Fund](#), [Zero Emission Transit Fund](#), and [Active Transportation Fund](#). These funds will help shorten people's commutes, grow a strong, healthy economy, and fight climate change. For more information, visit the [Government's Public Transit Funding webpage](#).

Strengthening Communities' Services Program

Deadline: April 22, 2022

The Strengthening Communities' Services Program gives local governments and modern Treaty Nations additional capacity to support vulnerable people and help keep them safe and healthy during the ongoing pandemic. The funding can be used to address the effects of extreme weather for people experiencing homelessness, including liaising with public health officials to support people during extreme weather. Local governments and modern Treaty Nations are encouraged to submit applications for funding through the [Union of B.C. Municipalities' webpage](#).

CleanBC Communities Fund

Deadline: May 25, 2022

The CleanBC Communities Fund provides provincial and federal funding for community infrastructure projects that reduce reliance on fossil fuels. The fund supports cost-shared infrastructure projects that focus on management of renewable energy, improved access to clean-energy transportation, improved energy efficiency of buildings and the generation of clean energy. For more information, visit the [Government of BC website](#).

Peers Employment and Encouraging Resiliency (PEERS) Grant

Deadline: Ongoing until October 1, 2022

The PEER Grant project seeks applications from non-profit organizations that create barrier-free, safe, and inclusive employment. The grant helps local non-profits provide

Prince George's marginalized population (Peers) with access to low-barrier employment opportunities that value lived/living experience. A UBCM 2021 Strengthening Communities Services Grant funds this short-term project. For more information, and to apply, visit the [City of Prince George Grants and Financial Assistance webpage](#).

Transit Minor Betterments Program

Deadline: Ongoing

The Ministry of Transportation and Infrastructure's Transit Minor Betterments program provides annual grants for small projects. Municipal and regional governments are increasingly turning to transit to reduce congestion, improve road safety, and enhance the quality of life for B.C. residents. It is important for the Ministry to include transit, walking, and biking in planning road infrastructure to ensure there are safe places for buses to stop and pedestrians, especially those with mobility challenges, have access to the bus stop. The [Transit Minor Betterments program](#) also funds bus stop lighting and bike racks. To find out more about the program, including eligibility, please contact Linda Harmon at Linda.Harmon@gov.bc.ca.

First Nations Adapt Program – Government of Canada

Deadline: Ongoing

This program provides funding to First Nation communities, Indigenous organizations, and band or tribal councils located below the 60th parallel to assess and respond to climate change impacts on community infrastructure and disaster risk reduction. For more information, visit the [Government of Canada webpage](#).

BC Community Climate Funding Guide

Deadline: Ongoing

The BC Community Climate Funding Guide is a comprehensive list of funding opportunities for Indigenous communities and local governments to reach their climate action goals. To learn more about the funding options and program eligibility, visit the [Government of BC webpage](#).

Northern Health Stories

Helping protect the health care system: My COVID-19 booster story

There are lots of great reasons to get your COVID-19 booster as soon as you're eligible; read on Northern woman's story....[continue reading](#).

Planning to breastfeed? Tips from a lactation consultant

There are lots of benefits to breastfeeding; learn tips from a lactation consultant and supports available to parents....[continue reading](#).

Construction cameras let you see some of Northern Health's major project sites

Northern Health has set up construction cameras for two of our major capital projects. For general information and updates about these and other renovation and construction projects Northern Health has on the go, visit the [Let's Talk Northern Health website](#) – an online platform that Northern Health launched in 2020 to keep you informed about capital projects, and to get your feedback on those projects....[continue reading](#).

See the latest stories at stories.northernhealth.ca.

E-Brief Information

The Healthier Northern Communities [E-Brief](#) is produced by [Northern Health's regional Population and Preventive Public Health program](#).

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