

November 2019

## Healthier Northern Communities E-brief

The Healthier Northern Communities e-brief is produced by the Northern Health's Regional Population and Preventive Public Health Team. In the spirit of healthy people who live, work, learn, and play in healthy communities across the north, the e-brief delivers information on resources, learning events, funding opportunities, and other information specific to promoting healthy living and the prevention of chronic disease and injury.

### All About Vaping

The trend of vaping is on the rise everywhere, and the north is no exception. Children and youth are not aware of the risks and long-term effects of using vaping products. With vaping, there's no burning. Instead, the vaping device heats an e-liquid/e-juice and converts it to a vapor that the user inhales. Vaping liquids or juices may contain nicotine which is highly addictive. This vapour is often flavoured, which is the major appeal – especially to children and youth!

There are numerous health effects of vaping, including vaper's tongue (lost ability to taste), [popcorn lung](#) (lung damage due to the inhalation of certain chemicals) and wet lung (feeling of fluid in lungs). Severe pulmonary disease associated with the use of e-cigarettes have been reported in the United States, with [33 confirmed deaths](#) as of October 15, 2019. This disease is likely caused by an unknown chemical exposure; no single product, substance or additive has been identified.

**In this month's E-Brief, we focus primarily on sharing resources that will help you understand the trend of vaping, and support youth to reduce harms.**



## For Your Information

### How Juul Hooked Kids and Ignited a Public Health Crisis

How a mostly unregulated company disrupted Big Tobacco and hooked millions of Americans on a new vice. [Continue reading...](#)

### Mitigating Social Isolation with Municipal Planning in British Columbia

BCCDC Environmental Health Services has launched a [new report](#) on social isolation and how municipal planning can support inclusivity and its various health benefits. Current municipal initiatives related to addressing social isolation within environmental planning are highlighted, including examples of effective interventions and tools/resources.

### Cannabis Edibles

Cannabis edibles, topicals, and extracts were legalized in Canada on October 17, 2019; however it is unlikely we will see [products online or in store before December 2019](#). [The Government of Canada](#) and [Province of BC](#) continue to share resources to help communities, parents and individuals prepare for this change.

### Health-Focused Housing Needs Assessment Support

Local governments in BC must complete a [housing needs report](#) by April 2020, and every five years after. These reports can promote equity and inclusion, reflect diverse needs, and allocate efforts and resources. The eBrief will continue to share funding opportunities (see [UBCM](#) and [NDIT](#)) and resources ([see PlanH Healthy Housing Action Guide](#)) to help communities make the most of this process. If your community needs more support with this process or is wondering what a health-focused assessment could look like, please reach out to your regional [Healthy Settings Advisor](#).

## Resources

### Northern Health Vaping Awareness PowerPoint Presentation

Northern Health has developed a Vaping Awareness PowerPoint presentation that summarizes key definitions, legislation, issues, health impacts and resources related to vaping. The presentation includes speaking notes, so that anyone can deliver it to relevant audiences. If interested in a copy, please e-mail [Lindsay.Willoner@northernhealth.ca](mailto:Lindsay.Willoner@northernhealth.ca).

### What is Vaping?

The [BC Health File on Vaping](#) compiles links and resources related to vaping.

### Who Can Vape, and Buy Vaping Products?

In BC, similar to tobacco and alcohol products, it [is illegal to buy and sell e-cigarettes and vaping products to anyone under the age of 19](#).

## Health Canada: About Vaping

[Health Canada's About Vaping](#) page discusses the mechanics and risks of vaping, regulations, and provides information on talking with your teens about vaping.

## Vaping Prevention Toolkit

This [toolkit from the BC Lung Association](#) has information for parents and teachers, including a PowerPoint presentation, posters, and FAQ sheet.

## Talking with your Teen about Vaping: A Tip Sheet for Parents

This [tip sheet](#) provides information about vaping, and strategies for conversations with teenagers.

## Consider the Consequences of Vaping

Health Canada's [Consider the Consequences of Vaping awareness tour](#) is offered across Canada to educate teens on the health risks of vaping. The tour includes resources, tour information for students, teachers and school administration.

## Active Coastal Communities: Sharing Success Stories of Small Coastal Communities in British Columbia

Savvy communities in BC are using creativity and innovation to improve the ways their residents access places, programs and services that support physical activity and well-being. This [document](#) highlights ten small coastal communities, showing how they create opportunities for all people to be active.

## Education and Learning Opportunities

### WORKSHOP: BC Active Transportation Design Guide & Grant Application Training

**November 6, 2019 from 8:30 am - 5 pm in Terrace.** The Ministry of Transportation is offering [training](#) on the [Active Transportation Design Guide](#) and to support applications for the [active transportation grant program](#). The training consists of a one-day workshop that provides a comprehensive overview of the Design Guide using a range of learning tools, including presentations, videos, discussions, and hands on exercises.

### WEBINAR: Public Policies and Development Projects Putting Health Equity at the Forefront

**November 6, 2019 at 10 am.** This [webinar](#) invites participants to learn about the co-design approach developed by the Active Neighbourhoods Canada partnership, which engages citizens and professionals in designing healthy and equitable communities. The series will also introduce tools to implement the approach, showcase inspiring case studies from across Canada, and introduce policy best practices.

## **WEBINAR: The Impact of Appetite to Play: Program Evaluation Results and Next Steps**

**November 14, 2019 at 1 pm.** This [webinar](#) is for anyone interested in knowing the results of the evaluation of [Appetite to Play](#), a BC initiative that supports early years providers to promote healthy eating and physical activity in daycares, preschools, parent participation programs, and other early years settings for children 0-5 years old.

## **TRAINING: Addressing Mental Health Issues in First Nations Communities**

**December 4-6, 2019.** This Mental Health Commission of Canada Prince George-based course will explore mental health in a cultural context. The cost is \$225 and it is hosted at the Power of Friendship Hall. To register, email [mdesjarlais@pqnfc.com](mailto:mdesjarlais@pqnfc.com).

## **RESOURCE BOOKLET: National Collaborating Centre (NCCIH) for Indigenous Health**

This [resource booklet](#) provides an overview of the activities, mandate, and publications of the NCCIH. The booklet offers a quick glance at the many knowledge resources, including fact sheets, reports, videos, podcasts, and interactive media available on the NCCIH social media channels and website.

## **REPORT: Where Does Canada Stand – The Canadian Index of Child and Youth Well-Being 2019 Baseline Report**

Many Canadians believe that Canada is the best place in the world to grow up. Is it? Canada's wealth has been steadily rising, but our overall level of child and youth well-being has not budged in more than a decade. [This report](#) brings together a wide range of data into one framework to encourage a comprehensive and balanced view of how kids in Canada are faring.

## **REPORT: Mitigating Social Isolation with Municipal Planning in British Columbia**

[This report](#) examines the state of municipal planning for social isolation in BC and the extent to which it is included in built environment planning. The report explores common challenges and provides examples of effective interventions and resources to help municipalities integrate social isolation into community planning.

## **Funding Opportunities**

### **Microfunding for Cannabis and Vaping Public Education**

**Deadline: Open - first come first serve with limited funding available.** Health Canada is [offering micro-funding](#) (up to \$1,000) for innovative projects that provide education and/or increase awareness about the health effects of cannabis and/or risks of vaping. Applicants are encouraged to target youth, linguistic minority populations, rural and remote communities, and Indigenous communities.

## Child Care Space Creation Program

**Deadline: November 22, 2019.** [This program](#) provides funding to local governments to create new, licensed child care spaces within their own facilities for children aged 0-5, with a focus on spaces for infants and toddlers.

## Housing Needs Report Funding Program

**Deadline: November 29, 2019.** [This grant](#) supports local governments in undertaking legislated housing needs assessments in their communities. These plans will help local governments understand what kinds of housing are most needed in their communities, and help inform local plans, policies, and development decisions.

## Aboriginal Languages Initiative

**Deadline: December 5, 2019.** This [grant](#) supports the preservation and revitalization of Indigenous languages through community based projects and activities. Activities must take place before March 31, 2020.

## Indigenous Cultural Safety and Cultural Humility Training

**Deadline: December 13, 2019.** This [UBCM program](#) supports eligible applicants to provide emergency management personnel with cultural safety and humility training in order to more effectively partner with and provide assistance to Indigenous communities during times of emergency.

## Age Friendly Community Grants

**Deadline: January 17, 2020.** Local governments and First Nations communities may apply for up to [\\$25,000 for age-friendly assessments and action plans](#). After developing an action plan, communities may apply for subsequent grants of up to \$15,000 to support age-friendly projects.

## Community Child Care Planning Program

**Deadline: January 31, 2020.** Local governments can apply for [funding](#) to the development of a community childcare space creation action plan. These plans collect information on child care needs, existing spaces, space creation targets and necessary actions.

## Poverty Reduction Planning & Action Program

**Deadline: February 28, 2020.** [This program](#) supports local governments in developing local poverty reduction strategies that will lift people up, break the cycle of poverty, and build a better BC for everyone.

## BC Council for International Cooperation (BCCIC) - Sustainable Development Goals Funding Program

**Deadline: Open.** This [program](#) provides grants of up to \$100,000 to support projects that advance the [2030 Agenda for Sustainable Development](#) – to eliminate poverty, protect the planet, and ensure prosperity.

### Northern Housing Incentive

**Deadline: Quarterly - contact the Northern Development Initiative Trust for more information.** [The Northern Housing Incentive](#) program provides grant funding to local governments to create a “Dollars to Door” program that will enhance and support economic development by incentivizing private sector housing development.

## Northern Health Stories

**Vaping: Not as harmless as you might think.** It’s true that with vaping, you’re not breathing in tar and other components of smoke the way you would with a cigarette, but research shows it’s still risky for your health: you’re inhaling particulate matter, nicotine, heavy metals such as lead, and other cancer-causing toxic chemicals. [Continue reading...](#)

**World Food Day – Household food insecurity is not about food** October 16 is [World Food Day](#) – a day to raise awareness about food insecurity and poverty. With [1 in 6 Northern BC households struggling to put food on the table](#), the issues of poverty and food insecurity run deep in our region, but progress is being made. This year, BC came out with its first ever [Poverty Reduction Strategy](#), which lays out a plan to reduce poverty and improve health in BC communities. [Continue reading...](#)

**Breastfeeding-Friendly Spaces: Shifting attitudes about breastfeeding.** Did you know that in BC there are laws that protect women’s right to breastfeed in public? To raise awareness of this right, Northern Health has made available a window decal that states: “We welcome you to breastfeed any time, anywhere.” Many businesses and organizations have posted the decal on their doors and windows. They can be ordered on the [Breastfeeding-Friendly Spaces](#) webpage. [Continue reading...](#)

See the latest stories at [blog.northernhealth.ca](http://blog.northernhealth.ca).

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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? Please email [healthycommunities@northernhealth.ca](mailto: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 Preventive 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](#)

**If you have any questions about our list and your privacy, please call 250-645-6568**

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Next edition to follow in December 2019