

October 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.*

### The Canadian Alliance on Mental Illness and Mental Health (CAMIMH) Mental Health Illness Awareness Week

October 1-8, 2018

One of [CAMIMH](#)'s major annual initiatives is the [Faces of Mental Illness campaign](#), a national education campaign that operates in conjunction with Mental Illness Awareness Week (MIAW). MIAW will reach more Canadians than ever before through their annual [campaigns](#). Mental illness affects more than six million people across the country, or one in five Canadians. A strong societal stigmatization of mental illness persists,

forcing individuals into the shadows to suffer alone in silence. Unfortunately, many Canadians with mental illness will not seek the help they need and society continues to remain unaware of the significant burden mental illness places on us all. We hope you join the conversation and help put an end to the stigma associated with mental illness.



### For Your Information

- **CALL FOR PROPOSALS - Cities Fit for Children Summit Hosting**  
Cities Fit for Children is a biennial conference. The mission of Cities Fit for Children is to provide a forum for the coming together of local governments, service providers and committed citizens to improve environments for children, youth and families. BC Healthy Communities Society is now **accepting applications from BC municipalities** to host the 6th Cities Fit for Children conference, to be held in fall 2019. More information and applications can be found on the [BC Healthy Families website](#). **Applications close October 31, 2018.**
- Do you get enough calcium from the foods you eat? Check out the new [Calcium Calculator™ mobile app](#) to find out if you are meeting your needs for this essential, bone-building nutrient! This tool will also help you discover calcium-rich foods, and create a personalized plan with tips for action.

- **Let's Talk Cannabis** – Interested in starting a dialogue about what legalized cannabis will mean in your community? A national partnership was formed to help communities create spaces where people can come together and build understanding of — not necessarily agreement with — each other, of themselves and of the subject. Check out the [tools that your community](#) can use to get the conversation about cannabis started. Check back often, the resources will updated often (Partner organizations have supplied the resources on this page).
- **Re-entry/recovery after Wildfire Evacuation Information** – For those who faced wildfire evacuation, FNHA has put together an [information sheet](#) that includes important information and resources from Emergency Management BC, Red Cross, and other agencies.

## Resources

### Addressing the New Normal: 21st Century Disaster Management in B.C.

If you haven't read [this report](#) that was released in the spring, you may want to check it out now after yet more floods & fires have been experienced across the province. You may also be interested in the new [B.C. Air Quality Website](#). This report from 18 months ago is still useful: [BC Health Wildfire Smoke Response Coordination Guideline](#) And this one is a brand new detailed and scientific analysis called [Public Health Responses to Wildfire Smoke Events](#). The public health response to wildfire smoke events is complex, involving inter-sectoral collaboration, community engagement and the use of many sources of information in decision-making.

### Four Ways Local Governments Can Support Mental Health through Community Design

Community connectivity, green space, housing, place making, public art, and heritage conservation efforts can go a long way toward contributing to mental health and emotional wellness for residents. [Read this piece](#) for lots of examples!

### Working with Local Government on Food Policy: a toolkit for civil society

This reference was prepared by the BC Food Systems Network as part of a larger project funded by the Population and Public Health Team, BC Centre for Disease Control, and the Provincial Health Services Authority. The [toolkit is a guide](#) for those who wish to work with local government on food policy. It describes how to navigate the complexities of food policy and local government; focusing on how best to do this work – exploring what to do rather than why. This resource is also available on the [BC Food Security Gateway](#) website.

### 2018 Equity & Inclusion Lens Handbook

**Equity is a core component of a [healthy community](#).** Using an equity lens when developing and implementing municipal planning, policy, and environmental design helps to ensure systemic barriers are removed or reduced, and better solutions are developed. [Status of Women Canada](#) and [City of Ottawa](#) partnered to produce the [2018 Equity and Inclusion Lens Handbook](#), a comprehensive guide that helps municipal staff and managers examine their planning, program development and delivery activities to ensure they are inclusive of the full diversity of residents.

### **CRRF 2018 Health & Shared Prosperity Conference**

**October 10-12, 2018 in Saskatoon, SK**

The 2018 Canadian Rural Revitalization Foundation (CRRF) Conference will take place in Saskatoon, Saskatchewan with the theme of [Health and Shared Prosperity](#) that will look at [Feeding Success, Accessing Health, Sharing Prosperity, Prosperous Labour Forces and Eco-Health](#). CRRF is partnering with the Arctic Division of the American Association for the Advancement of Science to offer their [annual science meeting](#) on October 9<sup>th</sup>. CRRF attendees are encouraged to register at a reduced rate.

### **World Cavity-Free Future Day**

**October 14, 2018**

World Cavity-Free Future Day was launched as an initiative in 2016 by the Alliance for a Cavity-Free Future. Dental caries is the most common chronic disease, despite being largely preventable. Unite to stop cavities and fight for a healthier future by participating and promoting [Work Cavity-Free Future Day](#) on October 14<sup>th</sup> 2018. If you want to run a local event, please get in touch with [contact@wcfdday.org](mailto:contact@wcfdday.org) for advice. Share their resources and become an ambassador for a cavity-free future.

### **Canadian Rural & Remote Housing & Homelessness Symposium 2018**

**October 24-26, 2018 in Canmore, AB**

The Alberta Rural Development Network, in conjunction with the Alberta Rural Coalition on Housing and Homelessness (ARCH2), is proud to host the first national symposium dedicated to rural and remote housing and homelessness issues across Canada. The Symposium will be held October 24 - 26, 2018 in beautiful Canmore, Alberta

**Registration closes October 10.** Please visit [www.crrhh.ca/registration](http://www.crrhh.ca/registration) for pricing options and registration information. We are offering reduced rates for people with lived experience of homelessness, as well as for early career professionals. For full details, please see [www.crrhh.ca](http://www.crrhh.ca), and check our Twitter account at @ARDNetwork for updates with the hashtag #CRRHH18!

### **“Empower YOUth” Youth Workers Conference**

**November 3, 2018**

**Coal Harbour Community Centre, Vancouver, BC**

BC Recreation and Parks Association is organizing this event that provides tips, tools and techniques for those working directly with youth programs. [This biennial event](#) is for those working with youth, including front line youth workers, recreation programmers, supervisors, social service workers, youth counsellors, outreach workers, teachers and activists. Check out the [Program Guide](#) for full details.

### **Making the Links 2018: Climate Change, Community Health, & Resilience**

**November 5-6, 2018, Kelowna, BC**

Join community leaders this fall for two days of learning and creating strategies for collaborative action on some of the most pressing issues of our time: climate change, health, and resilience. This symposium promises to deliver inspiring workshops, cross-sector dialogue, speakers, and community stories that together will help us uncover shared approaches to tackling climate change right here in Canada...approaches that will not only protect, but improve, our community health and well-being! [Register here](#) for the conference on November 5- 6 2018 in Kelowna.

### City of Prince George Grants

#### Deadline: 15 October 2018

The City of Prince George is seeking applications for two grant programs aimed at improving the quality of life in the city for all residents, the **Community Enhancement Grant** and the **MyPG Community Grant**.

The **Community Enhancement Grant** offers community members an opportunity to improve neighbourhoods, foster civic pride, and grow a proud, confident, safe, sustainable, and healthy community. Grants range from \$200 to \$1000. The contact for this program is Marta Gregor at 250.561.7798.

The **MyPG Grant** helps local organizations develop and implement innovative activities, projects, and events that contribute to making Prince George a great community. Eligible activities can be large or small, and activities or projects and should be accessible to residents of all backgrounds, ethnicities, and income levels. The contacts for this program are Sarah Brown at 250.614.7897 and Doug Hofstede at 250.561.7646.

Further information about all of the grants offered by the City of Prince George, including how to apply, can be found on the [City's website](#).

### Healthy Schools BC Regional Grants 2018-19

#### Deadline: 31 October 2018

The [Healthy Schools BC Regional Grants](#) support education and health-sector partners to work together on initiatives that support health schools, with the intention of strengthening their partnership. A [grant package](#) can be downloaded then submitted by email. Please contact [hsbc@dashbc.ca](mailto:hsbc@dashbc.ca) for full details.

### Health and Wellness Grant for Indigenous Communities (Plan H)

#### Deadline: November 5, 2018

The PlanH program supports local governments in BC to create the conditions for community health and wellness. The [Health and Wellness Grant for Indigenous Communities](#) is for Indigenous local governments or Friendship Centres in BC. Focus areas could include social or cultural connectedness, food security, healthy built and natural environments, healthy aging, or other topics. Grant of up to \$8500 each are available for up to 10 Indigenous local governments and/or Friendship Centres. Please see the [application infosheet](#) for project ideas, application information and other important details regarding this opportunity.

### Farm to School BC Grants

#### Deadline: November 12, 2018

Does your school want to start a salad bar? Or perhaps buy equipment for a school garden, micro green system, or food preservation program? Farm to School resources, including models and literature, are available on the [Farm to School BC](#) website. [Farm to School BC grants](#) are open to all K-12 schools in BC with great ideas for bringing more local, healthy foods to students and school communities. Grants are valued at up to \$3,500. For additional support, contact a Northern Health Population Health Dietitian at 250-631-4265 or [PopHlthNutrition@northernhealth.ca](mailto:PopHlthNutrition@northernhealth.ca)

## Education/Learning Opportunities

### Two-Part Cannabis Webinar – Cannabis Legislation

**10 October 2018, 12:00 – 13:00 EST**

The TEACH Project and CAMH Education are pleased to offer a two-part cannabis webinar series. Part one, Cannabis Legislation, is presented by Gavin S. MacKenzie, CAMH Legal Counsel. [Online registration](#) is available. For more information on registration for this event, please contact [teach@camh.ca](mailto:teach@camh.ca)

### Two-Part Cannabis Webinar – Cannabis Screening and Interventions

**To Be Determined**

The TEACH Project and CAMH Education are pleased to offer a two-part cannabis webinar series.

### Understanding Food Sovereignty and Policy through a Community Lens: Food Systems in Rural and Indigenous Canada

**4 October 2018, 12:00 CST**

The concept of food sovereignty and its connections with diverse rural and Indigenous communities have, until very recently, been underappreciated and unrecognized in government policy. This webinar reviews the concept of food sovereignty and its history, central tenets and contentions. Challenges with institutionalizing food sovereignty are considered, including the challenges in and contributions by diverse rural and Indigenous communities. [Online registration](#) is available. For more information, please contact [Munzaleen Sajjad](#).

## Northern Health Blogs

- Foodie Friday: [To-fu or not To-fu – Smart ways to adopt plant-based eating](#), by Amelia Gallant
- [Clearing a path to the future](#): IMAGINE funding for Pidherny Recreation Site, by Andrew Steele
- [Patient translators making a difference at UHNBC](#), by Anne Scott
- Workplace burnout: [How to avoid that stressful, sinking feeling](#), by Raina Fumerton
- IMAGINE grants: [Why not your community?](#), by Robbie Pozer
- [Healthy School Fundraisers](#): A win-win for schools and families!, by Emilia Moulechkova
- With help from family and Northern health, [wildfire evacuee celebrates 100 years](#), by Anne Scott
- Foodie Friday: [back to school lunches](#), by Rebecca Larson
- [Checking in with a wildfire evacuee one year later](#): “How they treated me in Prince George, I just couldn’t believe it?” by Anne Scott

---

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.

Visit [Healthy Living in Communities](#) to learn about our Northern Health Population Health programs

- **To subscribe**, send a blank email to [healthycommunities@northernhealth.ca](mailto:healthycommunities@northernhealth.ca) with “subscribe” in the subject line.
- **To unsubscribe**, send a blank email to [healthycommunities@northernhealth.ca](mailto:healthycommunities@northernhealth.ca) with “unsubscribe” in the subject line.

**If you have any questions about our list and your privacy, please feel free to phone us at:  
250.645.6568**

*Northern Health’s Population and Preventive Public Health Team  
Centre for Healthy Living  
1788 Diefenbaker Drive, Prince George, British Columbia*

*Next edition to follow in November 2018*