

October 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.

October 1-7 is Breastfeeding Week in Canada

This year's theme for Breastfeeding Week is "[Empower parents, enable breastfeeding](#)". Breastfeeding is important for the health and well-being of children, mothers, families and communities. It is a human right protected by the BC Human Rights Code, and we all have a role to play in supporting breastfeeding.

If you are a **business or organization**, you can display a breastfeeding welcome [poster](#) or [window decal](#), and you can support your staff to [make a welcoming space for breastfeeding families](#).

If you are an **employer**, you can support your staff to breastfeed by providing flexible, family-friendly work arrangements, breastfeeding rooms, and places to store expressed breast milk.

If you are a **father, partner, co-parent or support person**, your support can make a big difference. Before baby arrives, learn about breastfeeding and how to help through [Northern Health](#), the [Breastfeeding for Parents Interactive tool](#), [La Leche League Canada](#) or [La Leche League International](#).



For Your Information

Cannabis Edibles

Cannabis edibles, topicals, and extracts will be 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.

New PlanH Funding Opportunities Webpage

[PlanH has compiled a number of grants](#) related to key healthy communities categories (accessibility and equity, age friendly, children and youth, community development, environment, food security, mental health, health research, housing, Indigenous communities and physical activity). They have also provided a series of grant writing resources to support you in the application process.

Active Transportation Design Guide

The Province of BC has released its [Active Transportation Design Guide](#), to accompany the [BC Active Transportation Strategy](#). This free resource, published by the BC government, will help guide communities in building safe, effective active transportation infrastructure. It will be updated over time.

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

Free Breastfeeding Decals.

Northern Health [provides free breastfeeding decals](#) that public spaces can display to show their commitment to breastfeeding-friendly spaces. Locations that order decals are featured on the Northern Health list of Breastfeeding-Friendly Spaces in Northern BC, which is shared through our social media channels.

Climate Data for a Resilient Canada

This is a [user-friendly source](#) for climate change data, info, resources, and tools to help decision makers make climate-smart choices.

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Vaping Prevention Toolkit

BC Lung Association, Vancouver Coastal Health and Fraser Health have created an [infographic, Power Point presentation, FAQ, and vaping information](#) for parents and teachers, all in one convenient place.

Mobilizing Building Adaptation and Resilience Fact Sheets

A [useful resource](#) for planners and building developers on ways to plan housing that proactively addresses concerns like fire, air quality, floods, power outages and other emergencies in the construction phase.

Youth Engagement Resource Guide

Engaging youth in conversations and decision-making has many documented benefits to both organizations and youth themselves. [This guide](#), developed by the Nova Scotia Health Authority, offers tips and guidance for engaging youth ages 15–30 to ensure their voices are at the table.

Education and Learning Opportunities

Breastfeeding Information Online Course.

This online, interactive tool provides information and resources for [mothers](#), [parents](#) and [Indigenous families](#) related to breastfeeding. It is designed as a workbook, with videos, quizzes and external links.

VIRTUAL WORKSHOPS: Nutrition Education for Teachers

Dates posted for September & October 2019. [Free nutrition education workshops for teachers](#) are now being offered virtually. Educators can now join an interactive online classroom from anywhere in BC to discover grade-specific, ready-to-use lesson plans developed by a team of registered dietitians. Register at least one week in advance of the session, so workshop materials can be shipped in time.

Funding Opportunities

Food Security – Provincial Initiatives Fund

Deadline: October 15, 2019. Do you have a food security project in mind? The Victoria Foundation is looking to [fund food security capacity building projects](#) that seek to collaboratively address household food insecurity and develop or strengthen local food systems and economies. Projects should contribute to equitable community access to

healthy, affordable, and culturally appropriate food. Grant request size: \$100 000 - \$250 000.

Spirit of Healthy Kids Regional Program

Deadline: October 31, 2019. The [Spirit of Healthy Kids Regional Program](#) uses local hockey players as role models, teaching elementary school children the importance of reading and physical activity, and healthy and philanthropic behaviours. By participating, schools have the chance to win \$5,000, \$1,000, or \$500 for your school.

Healthy Schools BC Regional Grants

Deadline: October 15, 2019. [This program](#) is available to school districts and groups of schools (2 or more). These grants are intended to support education and health-sector partners to work together on initiatives that support healthy schools, with the intention of strengthening their partnership.

Healthy Schools BC First Nation School Grants

Deadline: October 31, 2019. [This program](#) is available to First Nations schools from Kindergarten to Grade 12. These grants are intended to support First Nations schools in implementing Indigenous ways of wellness across a whole-school environment.

Community Wellness and Harm Reduction Grant

Deadline: November 1, 2019. Municipalities are eligible for [\\$15,000 - \\$50,000 for projects](#) or initiatives that focus on a range of support services and strategies designed to enhance the knowledge, skills, resources and supports for individuals, families and communities to be safer, healthier and more inclusive.

Local Food Infrastructure Fund – Stream 1

Deadline: November 1, 2019. [This program](#) aims to strengthen food systems to be resilient, integrated and sustainable. It also helps to facilitate access to safe and nutritious food, primarily for the less privileged. The first funding stream funds infrastructure and equipment improvements related to the accessibility of healthy, nutritious and local foods.

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 between July 1, 2019 and 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.

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.

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.

Northern Housing Incentive

Deadline: Quarterly - contact NDIT 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.

NDIT Housing Needs Assessment Program

Deadline: Ongoing. [The Housing Needs Assessment](#) program provides one-time grant funding to local governments for the development of a comprehensive housing needs assessment.

Northern Health Stories

IMAGINE Grant: Keeping safety simple in Houston. The beach at Irrigation Lake is a popular destination for residents of Houston to cool off in when the weather gets hot, or to do some ice fishing when the mercury dips low. The park features picnic tables, fire pits, and change rooms, but doesn't have lifeguards on duty. To address this, Tasha Kelly from the District of Houston's Leisure Services department made a plan to install a [Public Access Lifering](#). [Continue reading...](#)

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...](#)

Regional Spirit of Healthy Kids program launches October 1. “Dad! I met the Hockey Cougars! I could win a chance to meet the whole team! I need to read and exercise every day!” These words, from a young participant in the Spirit of Healthy Kids program, sum up

what makes the program successful and important: the program gives kids positive role models to look up to and rewards them for making healthy choices, and it can have a tremendous impact on their lives. [Continue reading...](#)

See the latest stories at blog.northernhealth.ca.

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

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 November 2019