

September 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.

NEW: Healthy Community Engagement Guide

Community engagement is a process, not a project. PlanH recently released [a guide for local governments](#) of rural and urban communities, who want to receive community input in a way that is authentic and meaningful. They are also hosting a [webinar](#) on September 10th to further explore how local governments can build equity into community engagement.

The guide explores how to build equity into the engagement process, provides planning checklists, and describes examples of healthy community engagement in practice around BC.



Regional [Healthy Settings Advisors](#) can provide communities with added support and expertise around community engagement. E-mail healthycommunities@northernhealth.ca for more information.

For Your Information

Creating Breastfeeding Friendly Spaces



In anticipation of Breastfeeding Week in Canada (October 1-7), how can your organization or community be more supportive of breastfeeding? Consider [ordering](#) a [free window decal](#) from Northern Health, and having a conversation with staff and colleagues about how your organization can be more [welcoming for breastfeeding families](#). To learn more about Breastfeeding Week, read the provincial [proclamation](#).

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](#).

BC Food Security Task Force - Have your say!

The BC [Food Security Task Force](#) wants to hear how BC can harness new technologies to produce more food in the agriculture and seafood sectors. The Task Force is committed to growing and applying agri-technologies to support food production, and reduce food waste, with the goal of improving food security in our province. An [online survey](#) runs until **October 15, 2019**.

Northern Health: Health and Wellness in the North

[Northern Health's public magazine](#) has a fresh new look, and offers Northerners with an informative mix of health care tips, recipes, and articles. Find the [Summer 2019 edition online](#).

Resources

Dimensions of Poverty Hub

Statistics Canada recently launched the Dimensions of Poverty Hub, an online resource for data on various poverty indicators including [access to health care](#), [food insecurity](#), [income inequality](#), [literacy](#), [low income](#) and [minimum wage or low-paid work](#). The tool also has an official poverty dashboard that tracks 12 indicators associated with deep income poverty, such as dignity, opportunity and inclusion, resilience, and security.

Adventure Smart Website & Programs

This [national program](#) promotes safety and survival messaging for fun and outdoor recreation. Currently there are 5 programs, including: Hug a Tree and Survive, Snow Safety Education, Survive Outside, Survive Outside Snowmobiling, and PaddleSmart. Be informed, stay safe.

Education and Learning Opportunities

WEBINAR: How can local governments build equity into community engagement processes?

September 10, 2019. This [webinar](#) is for local government and health authority staff seeking to better integrate an equity lens into their public engagement efforts.

TRAINING: ISPARC Healthy Living Leader

September 2019 in Terrace and Prince George. These [annual programs](#) are designed to bring together community leaders and individuals who are passionate about supporting health and wellness. The workshops combine leader training for the [Indigenous RunWalk](#) and the [Honour Your Health Challenge](#) programs.

WEBINAR RECORDING: MindsMatter – Move for Mental Health

Hosted by CivicAction and ParticipACTION, this recorded [webinar](#) discusses how physical and mental health overlap in the workplace, including practical ways to implement a more physically active workday.

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

UBCM Community to Community (C2C) Forum Grants

Deadline: September 13, 2019. [Applications currently being accepted](#) from local governments (municipalities and regional districts) and/or First Nations (Band or Tribal Councils) to host a C2C Forum between September 20, 2019 and March 31, 2020. These events bring together First Nations and local governments from across BC to discuss common goals and opportunities for joint action.

Fresh to You School Fundraiser

Deadline: September 21, 2019. Looking for a healthy school fundraiser option? BC Agriculture in the Classroom is [accepting applications for the Fall 2019 Fresh to You](#)

[Fundraiser](#) from schools currently enrolled in the [BC School Fruit & Vegetable Nutritional Program](#). Schools can make 40% profit by selling bundles of fresh, local fruit and vegetables to family and friends.

Homelessness Reduction Grants for Prince George

Deadline: September 24, 2019. [Reaching Home: Canada's Homelessness Strategy](#) is looking for a Prince George-based organization interested in acting as a Community Entity. Community Entities receive funding to combat homelessness in line with the Reaching Home – Designated Communities funding stream. For more information email wayne.ackerman@servicecanada.gc.ca.

Second-Hand Smoke Reduction Grant

September 30, 2019. First Nations Health Authority is providing communities with up to \$7000 to build smokers gazebos away from high traffic public building doorways, in order to reduce second hand smoke exposure. For more information, contact Kara.steel@fnha.ca.

Land-Based Traditional Tobacco/Smoke Mixture Education Grants

September 30, 2019. First Nations Health Authority is providing communities with up to \$2000 to host land-based activities related to gathering traditional smoke mixtures and medicines, or to build a traditional tobacco garden in a community space. For more information, contact Kara.steel@fnha.ca.

Grant: 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.

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: Guiding learning through imagery. [Guided Imagery](#) is a mindfulness practice that uses the connection between the mind and the body to promote relaxation, concentration, and performance. By imagining every detail of a peaceful setting like a beach or alpine meadow, you can relax the body and allow deeper concentration. [Continue reading...](#)

Moving and eating well on road trips. After hours of sitting, it’s important to move! The same concerns that you hear around sedentary workplaces and lifestyles apply to long-distance travel. While it’s great to get to your destination ASAP, [sitting less and moving more is always a good choice.](#) [Continue reading...](#)

InterAGE – A unique project brings students and seniors together at Gateway Lodge Assisted Living. University students are calling a seniors’ care facility “home” as part of an ongoing, experiential project that has set fertile ground for blossoming friendships, teachings, learnings, and research results. [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 October 2019