

## Healthy Public Policy Webinar Series

Local governments are leaders in community building, and each year make important decisions that have the potential to affect community health and well-being.

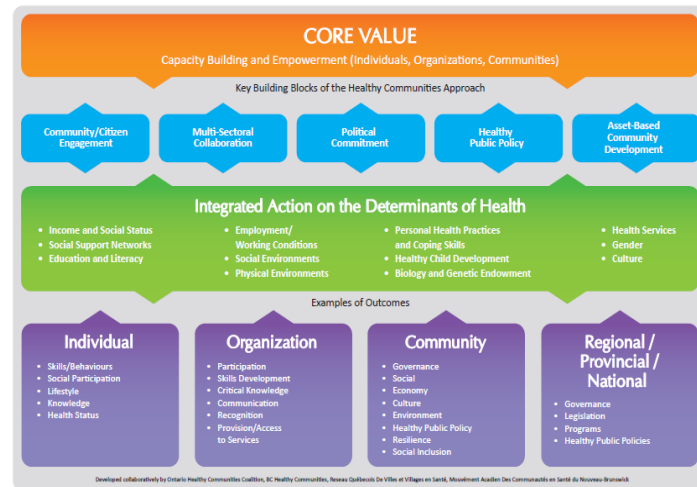
Northern Health's Healthy Communities Team is putting on a [three-part webinar series](#) during the fall of 2020, exploring how local governments in the North are developing public policies that support [healthy living and healthy communities](#), and what additional steps we can take. The first

webinar will focus on [policies and programs that support healthy housing](#). We would like interested participants to help us determine policy areas for the second and third webinars by completing a quick [online survey](#).

Each webinar will have two components: an expert-led discussion of leading policies and practices, and facilitated small-group discussions about strategies currently used in the North. While the focus of these webinars is on local government interventions, we hope individuals from across the North representing a variety of community organizations and schools will attend. For more information on the webinar series and healthy public policy, [visit the website](#).



The Healthy Communities Approach:  
A Framework for Action on the Determinants of Health



## Resources

### Food Security Rapid Action Resource for Local Governments

PlanH has released a [rapid action resource on food security](#), designed to help local governments with an understanding of equity considerations around various aspects of food security, as well as examples of good practices in food securities from across BC. This is the first of four Rapid Action resources. It focuses on non-commercial, community-level food production, and how these activities can lead to greater food security in your communities.

## Overdose Response in the Northern Region: Tools & Resources for Communities

On June 28, 2020, a regional overdose alert was issued for the Northern Health area, due to the rise of both fatal and non-fatal overdose events. The current drug supply is extremely toxic, and recent reports include contamination of both opioids as well as stimulants.

Within communities, access to harm reduction supplies should remain low-barrier, available in a variety of settings, and include both injection and smoking supplies — ideally in every community. The following tools and resources can help communities respond and support.

- The [Lifeguard App](#) is an app that connects people who face the risk of overdose or use drugs alone to emergency services. This app is now available in the Northern Health regions and can be downloaded at both the [App Store](#) and [Google Play](#).
- Drug checking involves inviting individuals to bring possibly-illegal substances to a specific site, where trained staff or peers perform checking in a small amount of time. If you would like to set up a drug checking site in your community, please contact [Nancy Dhaliwal](#), Regional Nursing Lead, Harm Reduction.
- NH and non-NH Take Home Naloxone sites should consider increasing distribution of naloxone and providing more than one THN kit to individuals that provide peer distribution within their community.

## PlanH Healthy Natural Environments Action Guide

[PlanH's Healthy Natural Environments Action](#) Guide features ideas and examples from governments across BC that are creating and sustaining healthy, equitable natural spaces for all community members. During the past months, natural environments have become some of our most coveted spaces, offering benefits like reduced stress and depression, and improved mental wellness—an area of health that is seeing [great decline due to the pandemic](#).

## BC Centre for Disease Control Language Guide

A new [language guide](#) aims to make COVID-19 content more inclusive and prevent stigmatization of individuals and groups who are often inadvertently excluded from health advice because they are not properly identified or defined.

## What is the importance (and what are the limits) of actions that can be taken by municipalities to improve health and reduce inequalities?

The NCCHPP conducted an interview with Evelyne de Leeuw, an expert in the Healthy Cities approach, Health Promotion and Urban Health, exploring the [role and limitations of municipalities when working to improve health and reduce inequalities](#). This is part of a five-part series exploring the different aspects related to the creation of healthy cities.

### BC211: Free Resources and Referrals

[BC211](#) is a non-profit organization that provides free information and referral regarding community, government and social services in BC. They cover a broad range of programs and services, including food and shelter, mental health and addictions support, legal and financial assistance, support for seniors, and more. Support is available 24/7 by calling or texting 211.

### BC Farmers Market Nutrition Coupon Program

The [Farmers' Market Nutrition Coupon Program](#) is a healthy eating initiative that supports farmers' markets and strengthens food security across BC. Community partners on [Haida Gwaii, in Hazelton, Houston, Prince George, Smithers, Terrace and Vanderhoof](#) provide coupons to lower-income families, pregnant women, and seniors participating in their food literacy programs. These coupons are spent at all member farmers' markets, and can be used to purchase vegetables, fruits, nuts, eggs, dairy, herbs, meat, and fish. Each household is eligible to receive a minimum of \$21/week.

### 2020 Declaration for Resilience in Canadian Cities

The COVID-19 Pandemic has created a unique opportunity to re-think how our recovery planning can influence our health, transportation systems, use of land, and our built and natural environments. Renowned urban planner Jennifer Keesmat is asking [municipalities and decision makers to sign the 2020 Declaration](#), to kick start a journey towards more [accessible, equitable, sustainable, and resilient cities](#).

## Online Courses, Programs and Activities

### Webinar: Equitable Public Engagement: Navigating Power when Engaging Underrepresented Populations September 9, from 10am – 11am

Building healthy, equitable communities for all means authentically engaging community members in a way that develops trust, communication, and collaboration — especially for those folks in our communities who are underserved or harder to reach. [Join BCHC and a panel of community engagement experts](#) for a closer examination of power and

its role in public engagement. Through this panel discussion format, we'll share strategies, tools, and resources that can be used in practice to ensure that your engagement efforts are equitable and empowering.

### **Tobacco & Vaping Control Forum September 22-23, 2020**

The [Tobacco and Vaping Control Forum](#) is going virtual this year. Participants will have the opportunity to profile new research, connect with stakeholders, examine control-related trends, discuss knowledge translation approaches and explore strategies to address emerging issues and potential impacts on decision making, research, policy and practice.

### **How Can Local Governments Support Health and Housing through Policy? October 6, 2020 from 10:30am – 12pm**

Housing has a large and long-term impact on people's health, and each year, local governments make important decisions that can promote and protect healthy housing. In this [webinar](#), participants will learn from experts and each other about how local governments can use policies and programs to meet the unique needs of northern BC communities.

## **Funding Opportunities**

### **Northern Resilient Communities Grant Deadline: Until funding is exhausted**

This [funding](#) is a one-time support for groups and organizations who need assistance adapting their practices and/or responding to new community health and wellness needs. Grants are available for a maximum of \$5,000 and applications will be accepted until funding is exhausted.

### **Updated Northern Health Summary of Food Program Funding Opportunities Deadline: Varied**

Northern Health has updated an [extensive summary of food program funding](#) opportunities relevant to northern communities. If you are currently, or plan to start, providing food support to local community members, please review this list.

### **Fresh to You Fundraiser Deadline: September 21, 2020**

[Fresh to You](#) is a fundraising initiative for schools that are currently enrolled in the [BC School Fruit & Vegetable Nutritional Program \(BCSFVNP\)](#). Schools participating in the program receive bundles of locally grown fresh fruits and vegetables to sell to family and friends as a fundraiser, at a guaranteed 40% profit. This year, schools will receive a complimentary bundle for each bundle sold, to support families accessing fresh produce.

### **President's Choice – School Nutrition Grant**

**Deadline: September 30, 2020**

Provides up to \$10,000 to schools and non-profit to [deliver meals, snacks and food-based education programs](#). The grant supplements existing programs, allowing for higher quality, more sustainable programming.

### **Housing Needs Report Program**

**Deadline: October 16, 2020**

Applications are now being accepted for the **final intake** of [UBCM's Housing Needs Report Program](#). This funding supports local governments in undertaking a needs report in order to meet provincial requirements. The Northern Health Healthy Settings team can support your application and needs reporting process. [Contact us](#) for more information!

### **Rural and Northern Communities Infrastructure Program**

**Deadline: October 22, 2020**

This [fund](#) is designed to meet the unique public infrastructure needs and priorities of northern BC's small, rural and remote communities. Infrastructure should contribute to food security, reliable road, air, and marine infrastructure, improved broadband connectivity, more efficient and/or reliable health facilities, or improved education and/or health facilities.

### **BC Housing Community Housing Fund**

**Deadline: January, 2021, but "Construction Read Projects" should apply by September 4, 2020**

[BC Housing's Community Housing Fund](#) works with non-profit organizations, housing cooperatives and local governments to create affordable rental homes for middle and low-income families, independent seniors, and individuals in BC.

**Share Your Experiences and Ideas**

- The University of Alberta would like to know how physical activity practitioners react to images of people being physically active. Participation is entirely online, and there is a \$10 gift card for those who participate. For more information or to participate, email [pames@ualberta.ca](mailto:pames@ualberta.ca).
- The University of British Columbia and the Northern Pediatric Wellness team are looking at how [COVID-19 and physical distancing measures have impacted child wellness in the Northern](#) Health region through a [short online survey](#).

## Northern Health Stories

### Has COVID-19 changed the way we eat?

As we adjust to this new normal, it's for us to decide what we'll take from this experience, and what we leave behind. I challenge you to appreciate what was taken for granted, as even the slightest effort in gratitude goes a long way...[continue reading](#).

### New granting opportunity available: Resilient Communities Grants

Communities are resilient when they are able to respond to, withstand, adapt, and recover from adverse situations. The COVID-19 pandemic has created many challenges for Northern communities and community service organizations: it has changed how they deliver services, communicate, and run programming. New health and wellness needs within communities have also surfaced due to COVID-19, which organizations are facing at the ground level...[continue reading](#).

### Active transportation: Daily physical activity can lead to health benefits

How often do you walk, cycle, or wheel to get to work or school? With warm weather arriving across Northern BC, now's the time to opt for active modes of transportation instead of driving your car everywhere. Active transportation is a great way to kick a sedentary lifestyle, reduce your risk for chronic disease, and also fit in some daily physical activity if you don't have time to get to the gym...[continue reading](#).

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

- **To subscribe**, send a blank email to [healthycommunities@northernhealth.ca](mailto:healthycommunities@northernhealth.ca) with "subscribe" in the subject line.
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**To share information, articles or resources of interest to northern BC communities,** send an email to [healthycommunities@northernhealth.ca](mailto:healthycommunities@northernhealth.ca).

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