

# Healthier Northern Communities E-Brief

February 2022

## Northern Resilient Communities Grant Update

[Northern Resilient Communities Grants](#) funding supports community organizations who need assistance establishing, adapting or maintaining practices in response to emerging health and wellness needs. The recent application intake received 75 applications and invested more than \$200,000 into 24 projects in 43 communities across northern BC.

One of the successful applicants shares their project details:



*“NkashAytkn doula training is decolonizing birth work for Indigenous people and communities. It provides Indigenous communities access to grants to do the work as well as the education they already hold within themselves to be useful and accepted. The training a four-day holistic training on prenatal, labour and postpartum support from an Nlakapamux lens. Through giving space and encouragement, it teaches the Indigenous participants about local protocols and practices as well as through sharing stories. The NkashAytkn training steps away from the repercussions of residential schools, the Sixties Scoop, and colonial birth practices and allows the group to steer the pathway moving forward to support one another in a culturally safe way”.*

~ Nicole Williams, NkashAytkn (Our Relations) Indigenous Birthkeeper Doula Training

## For Your Information

### COVID-19 Update – What You Need to Know

Public Health is recommending that most people don't need to get tested for COVID-19 anymore. Testing is important for people who have symptoms of COVID-19 and are at risk of more severe disease and currently eligible for treatment. Additionally those who live or work in high-risk settings such as healthcare workers are eligible for testing. If you have mild symptoms of COVID-19, you do not need a test. Stay home, away from others until you no longer have a fever, and feel well enough to return to your regular activities. Manage mild symptoms at home. For more information, visit [BC Centre for Disease Control](#) and [Northern Health](#).

## **Youth Development Instrument** **Timeline: January – March, 2022**

The Youth Development Instrument (YDI) is a self-report survey administered *free of charge* to Grade 11 students to learn about their social and emotional development, health, and well-being. The study is conducted in collaboration with HELP-UBC, which implements the Early Development Instrument (EDI) and Middle Years Development Instrument (MDI) in many BC school districts. The YDI's first pilot was conducted in the Spring of 2021 and was administered to >2,000 students across six school districts and an independent school. Reports and [infographics of findings](#) were shared back with the public and the team held the first [YDI Symposium](#) in October 2021. If you're interested in participating in the next pilot phase in January-March 2022 or would like to learn more, please reach out to Dr. Hasina Samji ([hsamji@sfu.ca](mailto:hsamji@sfu.ca)) or the YDI team ([ydi@sfu.ca](mailto:ydi@sfu.ca)). The team can also share an information session recording.

## **Union of BC Municipalities (UBCM) 2022 Convention** **Date: September 12 – 16, 2022**

The 2022 UBCM Convention is taking place September 12 – 16 in Whistler, BC. For more information, and to book accommodations, please visit the [UBCM webpage](#).

## **Resources (toolkits, reports, websites)**

### **First Nations Food, Nutrition, and Health Survey**

The right to food ensures that individuals have sufficient access to food that provides all nutrients required for a healthy and active life at all stages of the life cycle, is safe for human consumption, and free from adverse substances, and is culturally appropriate. There has been a gap in our understanding of dietary patterns, nutrition and exposure to contaminants from food because of the exclusions of First Nations populations on reserve from other national studies. The [First Nations Food, Nutrition, and Health Survey](#) contains key recommendations for decision-makers from a study to address knowledge gaps about the nutritional adequacy, quality, and safety of traditional foods.

### **Northern BC Healthy Schools K to 12 Newsletter**

Northern Health (NH) is establishing a new communication pathway for Kindergarten to grade 12 (K to 12) schools through a newsletter for parents/guardians and school staff. Check out the **new!** [Northern BC Healthy Schools K to 12 Newsletter, Issue One, Winter 2022](#). It is available on the NH [School and Youth Health](#) webpage under **Communications to Schools from Medical Health Officers**. The goals of the newsletter are to; Develop a clear pathway of communication to provide regular school health information to schools and parents across Northern BC; Highlight other health

information that is important for K to 12 school-age children; Strengthen communication between NH and the Northern BC schools community. We aim to publish two issues each school year for Autumn/Winter and Spring/Summer. It is best viewed in electronic format as there are web links built into the document. Schools are welcome to print copies as desired, since there are QR codes built in to increase accessibility to the information and resources. If you have any questions, concerns, and ideas for future topics for the newsletter, email [HealthySchools@northernhealth.ca](mailto:HealthySchools@northernhealth.ca).

## Events and Learning Opportunities

### **The Stepping Stone to Indigenous Sport and Physical Activity Participation**

**Date: Free until March 15, 2022**

This online course is designed for sport and recreation leaders to: Increase knowledge of the stages of the Indigenous Long-Term Participant Development Pathway (ILTPD), better understand the needs of Indigenous participants and athletes, including First Nations, Inuit and Métis peoples, and enhance ability to run developmentally and holistically appropriate programs for Indigenous participants and athletes. To learn more visit [Indigenous Sport, Physical Activity & Recreation Council - Stepping Stones](#).

### **Wildfire Smoke Communication Knowledge Dissemination Workshop**

**Dates: February 8 and 14, 2022**

The upcoming Communication Knowledge Dissemination Workshop Series will focus on optimizing public messaging to reduce the health impacts of wildfire smoke in Canada. It is happening on Feb. 8 from 10:30am-12:30pm PST and Feb. 14 from 10:00am-12:00pm PST. Workshop objectives are: 1) Share findings from a survey that evaluated public perspectives of wildfire smoke messaging in BC, 2) Evaluate the priorities and feasibility of addressing issues identified in survey findings, 3) Identify opportunities to improve wildfire smoke messaging. This workshop is for health authorities, municipalities, government officials, NGOs and others involved in communications work. If interested in attending, please email Erin Shellington ([erin.shellington@ubc.ca](mailto:erin.shellington@ubc.ca)).

## Funding Opportunities

### **Poverty Reduction Funding Intake – UBCM**

**Deadline: February 11, 2022**

The Ministry of Poverty Reduction and Social Development has announced a third intake for the [Poverty Reduction Planning & Action program](#). Grants of \$25,000 to \$50,000 are available. Regional applications with a grant maximum of \$150,000 will also be accepted from two or more local governments who wish to work collaboratively.

Eligible applicants can submit one application per intake, including participation as a partnering applicant in a regional application. For more information, visit [Union of BC Municipalities](#) webpage.

### **ICBC Community Grants**

**Deadline: February 15, 2022**

Our community grants program supports the road safety and injury recovery initiatives of community organizations. This grant will consider initiatives that: make BC drivers and roads safer, help improve the safety of vulnerable road users, help young people become responsible drivers, and provide resources to seniors. For more information, and to apply, visit the [ICBC webpage](#).

### **Vision Zero in Road Safety Grant Opportunity**

**Deadline: February 2021 – extended**

The British Columbia [Vision Zero in Road Safety for Vulnerable Road Users Program](#) (Vision Zero in Road Safety Program) is *extending the application deadline for Indigenous community governments and First Nations organizations in northern BC*. The goal of the program is to reduce severe injuries of vulnerable road users. Individual level grant projects are funded between \$5,000 and \$20,000 depending on the scope of the project and in alignment with the program principles, aims and objectives. Grants as large as \$20,000 may be awarded for exceptional applications. For more information visit the BC Injury Research and Prevention Unit: [BCIRPU | \(injuryresearch.bc.ca\)](#).

### **Rural, Remote, and Indigenous Food Security Action Grant**

**Deadline: February 17, 2022**

Northern Health (NH) has collaborated with First Nations Health Authority (FNHA) to create the Rural, Remote, and Indigenous Food Action Grant. This grant will support community food action across northern BC with the goal of improving food security within the region. Grants are available to a maximum of \$50 000. For more information, visit the [Northern Health webpage](#).

### **Peers Employment and Encouraging Resiliency (PEERS) Grant**

**Deadline: Ongoing until October 1, 2022**

The PEER Grant project seeks applications from non-profit organizations that create barrier-free, safe, and inclusive employment. The grant helps local non-profits provide Prince George's marginalized population (Peers) with access to low-barrier employment opportunities that value lived/living experience. A UBCM 2021 Strengthening Communities Services Grant funds this short-term project. For more information, and to apply, visit the [City of Prince George Grants and Financial Assistance](#) webpage.

## **Transit Minor Betterments Program**

**Deadline: Ongoing**

The Ministry of Transportation and Infrastructure's Transit Minor Betterments program provides annual grants for small projects. Municipal and regional governments are increasingly turning to transit to reduce congestion, improve road safety, and enhance the quality of life for B.C. residents. It is important for the Ministry to include transit, walking, and biking in planning road infrastructure to ensure there are safe places for buses to stop and pedestrians, especially those with mobility challenges, have access to the bus stop. The [Transit Minor Betterments program](#) also funds bus stop lighting and bike racks. To find out more about the program, including eligibility, please contact Linda Harmon at [Linda.Harmon@gov.bc.ca](mailto:Linda.Harmon@gov.bc.ca)

## **Zero Emissions Transit Fund – Government of Canada**

**Deadline: March 31, 2022**

The Government of Canada just launched a call for applications for new projects that will support public transit systems across Canada. Starting today, applications to the Zero Emission Transit Fund, the Active Transportation Fund and the Rural Transit Solutions Fund will be accepted. These funds will help shorten people's commutes, grow a strong, healthy economy, and fight climate change. These grants include a [Zero Emissions Transit Fund](#), an [Active Transportation Fund](#), and a [Rural Transit Solutions Fund](#). For more information, visit the [Government's Public Transit Funding page](#).

## **Northern Health Stories**

### **Talking to an 8-year-old about the COVID-19 vaccine**

Now that children ages 5-11 are eligible for the COVID-19 vaccine, Laurel Burton (Healthy Settings Advisor – Northeast), wanted to learn more about what kids think of the vaccine...[continue reading](#).

### **National Non-Smoking Week: Start your quit journey**

National Non-Smoking Week was January 16-22, 2022. This week aims to provide education to help prevent youth and young adults from starting to use tobacco products, while also helping existing tobacco consumers to quit or limit their intake, thus helping protect everyone from the dangers of second- and third-hand smoke...[continue reading](#).

### **Improving air quality in Valemount, one wood stove at a time**

The Village of Valemount has seen great success with the implementation of its [Wood Stove Exchange Program](#). The program provides rebates and incentives for residents

within municipal boundaries to replace old, polluting wood-burning appliances with efficient, alternative forms of heating, such as electric heat pumps, propane or pellet stoves, or CSA/EPA-certified wood-burning appliances....[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](#).

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