

September 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.

World Suicide Prevention Day

Celebrate World Suicide Prevention day with [CASP/Canadian Association for Suicide Prevention](#). This year's theme is [Working Together to Prevent Suicide](#).

CASP provides resources and materials to help spread the word. Follow them on social media or check out this [link](#) to see how you and your community can get involved.



For Your Information

- Wildfire evacuation orders in the Cariboo and Bulkley-Nechako Regional Districts are resulting in an increasing number of registrations at Prince George's Emergency Reception Centre at the CN Centre. In order to keep evacuees and residents informed during this rapidly developing situation, the City has launched a web page to provide information for evacuees and residents at www.princegeorge.ca/wildfireevacuation
- Fitness: [do workplace initiatives really get staff moving?](#) According to an article in the Montreal Gazette the more opportunities and options employees have to be active, the greater the buy-in.
- The [Postsecondary Education Partnership – Alcohol Harms](#) (PEP-AH) is a group of universities and colleges from across Canada, partnered with the Canadian Centre on substance Use and Addiction and Universities Canada.
- Policy Makers are encouraged to read this new report, [Cannabis and driving](#). This joint policy briefing draws on the evidence presented at the [Third international symposium on drug-impaired driving](#), which took place on 23 October 2017 in Lisbon. The percentage of Canadians drivers fatally injured in vehicle crashes and testing positive for drugs now exceeds that of drivers testing positive for alcohol.
- The Canadian Centre on Substance Use and Addiction has released a new report. [Heavy Episodic Drinking Among Post-Secondary Students: Influencing Factors and Implications](#)

- [Diabetes & Exercise Priority Setting Survey](#): Canadian researchers interested in diabetes and physical activity are looking for help from you - the patients, families, friends and health care professionals who deal with diabetes every single day. The linked survey will only take 5-10 minutes to complete, and will ask your opinion about what future research projects should be prioritized. This survey will be available and open to the public until **December 2018**. Please email any questions to caden@umanitoba.ca.

Resources

FNHA Indigenous Harm Reduction short videos

First Nations Health Authority recently launched twelve [Indigenous Harm Reduction](#) videos to start discussions about harm reduction, substance use and stigma from an Indigenous perspective. These short videos share inspiring words from Indigenous health care professionals as well as those with lived experience on how we can prevent tragedy, support connection and improve the health status of people using substances.

Green Communities Canada School Travel Planning

In preparation for the upcoming school year, Green Communities Canada has released Canadian School Travel Planning Toolkits to help guide and promote increased safe and active transportation to and from schools: [Guide for Facilitators](#), [Guide for Regional Stakeholders](#)

Infographic - [Sport & Recreation Experiences of Indigenous Youth in Canada](#): This infographic provides four main strategies identified by Indigenous youth that can support policy-makers and practitioners to enhance their sport and recreation experiences.

Be Active Every Day 2018

[Be Active Every Day](#) is an annual Doctors of BC initiative running from October 1-26, 2018, to inspire kids ages 5-11 to move more and make healthy choices. Participating doctors are paired up with a local elementary school, initiating a month-long challenge to the students that incorporates the [Live 5-2-1-0](#) principles. The theme for this year's challenge is "Choose Your Own Activity," which encourages the kids to try different activities and find something that they are passionate about and will want to continue with over the long term. If you are connected to a school or health care team that would like to take part, don't wait for the business of the school year to set in! **Sign up directly through the website:** www.be-active.ca

Community Events

PHABC Conference 2018 – Request for Abstracts

15 Aug – 15 Sep, 2018

The conference will be focusing on five topic areas critical to public health: 1) Violence prevention, 2) Community Inclusion and Literacy, 3) Health Equity, 4) Building Safe & Inclusive Physical Environments, and 5) healthy Relationships & Emergency Responses. Abstracts may be [submitted online](#) until 5:00 p.m. on 15 September 2018

PHABC Conference 2018 – [Building Safe & Inclusive communities](#)

November 15-16, 2018 Vancouver, BC

Interested attendees are encouraged to take advantage of early bird [registration rates](#), offered until 15 September 2018

Funding Opportunities

Accessibility Project Funding

Proposals due 5 October 2018

[Disability Alliance BC](#) has just released a [Call for Proposals \(CFP\)](#) for projects that promote greater accessibility and inclusivity for people with disabilities in BC communities. Funding of \$10,000 to \$40,000 per project will be disbursed to a maximum of \$450,000. Proposals are **due by October 5th, 2018** and funding for successful projects will be disbursed in early 2019. Application packages are to be submitted via email using the subject heading **Accessibility Project 2018** to the attention of Myung Lee at accessibilityprojects@disabilityalliancebc.org.

Project proposals must be submitted electronically and consist of:

- [Completed Accessibility Project Application Form](#)
- [Completed Project Budget Template](#)
- Two letters of reference
- Letter of Collaboration from Project Partner (if applicable)

PHSA – Women’s Innovation Fund 2018/19

Proposals due 14 September 2018

The Provincial Health Services Authority (PHSA) is seeking proposals for innovative, short-term projects which focus on promoting the health of indigenous women living with or at risk of HIV/HCV. Amount available \$75,000 per year, for 2018/19 and 2019/20.

[Guidelines and grading rubric](#) may be found on the BCAAFC website.

Education/Learning Opportunities

Physical Literacy E-learning course

[Introduction to Physical Literacy](#) e-learning course is designed to equip front-line physical activity workers with the ability to design and deliver quality programs which effectively enhance the development of physical literacy. The course takes about one hour to complete and is available (along with other related course options) for \$24.95 on the [Sport for Life Campus](#).

BC Dairy Nutrition Education Workshops

Teachers, discover grade-specific, ready-to-use lesson plans developed by a team of registered dietitians. Check out this [two-minute video](#) to learn more. Call **1-800-242-6455** or email nutrition@bcdairy.ca to book a workshop. You'll also be entered into a draw for an iPad mini!

Northern Health Blogs

- [Mackenzie wins BCCA Play Here contest](#), construction to begin in September, by Brandan Spyker
- Foodie Friday: [Creating fast and efficient meals for big events](#), by Laurel Burton
- In photos: [A look at BC wildfires](#), by Sanja Knezevic
- [Stanley Cup visits Gateway Lodge](#), by Brandan Spyker
- [Dealing with the smoke: protecting ourselves and our families](#), by Barb Oke
- We asked, you answered: [NH staff weigh in on how to eat together](#), by Lise Luppens
- [Breathe easier during smoky skies](#), by Paula Tait
- Foodie Friday: [Keeping cool in the kitchen](#), by Judy April

- [Reflecting on the Wildfires of Summer 2017](#), by Bailee Denicola
- It's over: [Baseball is breaking up with smokeless tobacco](#), by Nancy Viney
- Foodie Friday: [beat the heat! No cook summer meals](#), by Amelia Grant

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

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

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Next edition to follow in October 2018