

February 1st, 2017

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.

Advancing Equity & Inclusion: A Guide for Municipalities

Every municipality is unique, so there are many critical paths to advance equity and inclusion. City for All Women Initiative (CAWI) and its partners believe that when a municipality works for those who are most at risk of exclusion, including women and girls from a diversity of backgrounds, they work for everyone. Read the report [here](#) and check out their environmental scan checklist.

Food for Thought

- [Healthy Communities PlanH feature videos](#)
- [How the Village of Granisle Became an Age-friendly Community](#)
- [Healthy Schools Stories from DASH \(partnering for healthier schools\)](#)
- [Prioritizing Health and Wellness in Houston](#)
- [Action Schools! BC Food Literacy Mentor](#)
- [When Community Food Security isn't Enough: Repairing the poverty 'bridge' in BC](#)
- [Healthier You Magazine](#)

Healthier Communities Resources

Physical Activity after Breast Cancer

After surviving breast cancer treatment, many women start to think about finding ways to develop or continue with healthy habits. Being active after treatment has many [health benefits](#). From helping you to feel less tired, to getting your muscle strength back, physical activity can improve your overall health and well-being during this time. Talk to your oncologist before you begin a physical activity program to make sure it is right for you.

Healthier School Lunches and Snacks for Busy Families

Packing kids a well-balanced school lunch gives children the energy they need to play, learn and solve problems. In primary and secondary schools, what kids bring to school for lunches and snacks is the responsibility of their families. Parents are busy, juggling lots of demands for their time. Check out the [HealthyFamiliesBC](#) website for some healthy lunch ideas to help inspire you.

February is Heart Month

Canvass across Canada in February 2017! The Heart & Stroke Big Bike is a team event geared towards companies, community organizations and groups. Teams are made up of 29 enthusiastic riders who each commit to support heart disease and stroke research. Leading a fundraiser is rewarding. Run a 10K. Host a gala. Paint a mural. Dye your hair a brilliant red. Dare to put your heart into your fundraising. Dare to be a [champion](#) for heart disease and stroke!

Why BC Needs a Poverty Reduction Plan

BC is Canada's only province without a poverty reduction plan. The January 2017 report by the Canadian Centre for Policy Alternatives, [Long Overdue: why BC needs a poverty reduction plan](#), examines the most recent statistics on poverty and its associated hardships in BC. It demonstrates that strong policies are urgently needed to dramatically reduce and ultimately eliminate poverty in our province. Read the summary report [here](#).

Public Health Emergency in BC – Resources

As we continue to hear more about the public health emergency in BC, there are a number of sources of information available to help answer any questions that come up. The Ministry of Health has information on the overdose emergency and naloxone: gov.bc.ca/overdose; Toward the Heart offers information on fentanyl and naloxone: towardtheheart.com; Know Your Source offers FAQ on fentanyl: knowyoursource.ca; The BC Drug and Poison Information hotline is 1-800-567-8911. Health Link BC has overdose information and nurses available by calling 811. Printed information can be found at: healthlinkbc.ca; Mindcheck is an online resource to connect to mental health support: mindcheck.ca

Influenza (flu) Season

Flu season generally occurs during the fall, winter and early spring

“The flu” is an infection of the upper airway caused by an influenza virus. Getting sick with the flu can put you at risk of getting other infections. These concerns include viral or bacterial pneumonia which affect the lungs. The risk of complications, which can be life-threatening, is greater for seniors 65 years and older, very young children, and people who have lung or heart diseases, certain chronic health conditions, or weakened immune systems. Visit [HealthLink BC](#) (8-1-1) for more information. For ideas on how to fight the flu check these [healthy tips](#). The flu vaccine is the best way to keep you and your family healthy during flu season. Find your local clinic here.

World Cancer Day

February 4th, 2017

World Cancer Day unites the world's population in the fight against cancer. It aims to save millions of preventable deaths each year by raising awareness and education about the disease, pressing governments and individuals across the world to take action. Currently, 8.2 million people die from cancer worldwide every year. World Cancer Day is the ideal opportunity to [spread the word](#) and raise the profile of cancer in people's minds and in the world's media.

Northern Health Connections

An affordable travel service for patients needing to travel for out-of-town medical appointments in northern BC and Vancouver. Our highly trained staff are always professional and courteous. Foot rests and extra-wide reclining seats are provided for your comfort. Relax and watch a movie. We help meet your healthcare transportation needs. To make reservations call 1-888-647-4997 or book [online](#) today.

Overdose Prevention

Fentanyl is a synthetic opiate narcotic, a prescription drug used primarily for cancer patients in severe pain. Fentanyl is extremely toxic and is roughly 50 to 100 times more toxic than morphine. Fentanyl is a contaminant you can't see, smell or taste. It can be found in pills sold as fake oxys and other club drugs. Although fentanyl is sometimes used in the management of complex pain, it must be prescribed by a physician and the dose should be carefully monitored. Naloxone saves lives from overdose. Learn more about [overdose prevention](#).

Healthier Communities Events

National Eating Disorders Awareness Week

February 6th, 2017 @ 10:00 – 2:00 pm (PST) – Prince George

In collaboration with the UNBC Wellness Centre, Women's Centre and the Northern Health Eating Disorders Clinic, UNBC celebrates National Eating Disorders Awareness week at the Bentley Centre at UNBC. There will be resources, games and prizes, as well as free coffee, tea and water. The skill testing question for the draw asks: What University landmark is lit up purple between February 1-7th, 2017? For more information on Eating Disorders check out [Jessie's Legacy](#)

Register your school or class today for the Canada Games Activity Challenge!

February 13th, 2017 – Challenge start date

A Canada 150 Signature Project, the Canada Games Activity Challenge is a fun and interactive program designed to engage children ages 5 – 12 to build daily, active habits. The Activity Challenge also supports elementary teachers with a database of age-appropriate and skill-specific physical activities. The Activity Challenge will kick off in February and take place over a three-month period. [Register today.](#)

Get Active with the ParticipACTION 150 Play List

In celebration of Canada's 150th birthday, we're challenging the country to create a list of 150 activities that define us as Canadian. Canadians are challenged to try as many of the activities on the list as they can to get moving more, sitting less and for chances to win great prizes, including Garmin wearables and even a brand new Chevrolet. [Get started today.](#)

Run to Quit Contest

February 14 – July 31st, 2017

Run to Quit can help you [quit smoking](#) by learning to walk or run 5 km! The program is for all fitness levels. Walking and running can help cope with discomfort and cravings while cutting down and quitting smoking. Quit smoking for 5 weeks and you can win \$1,000! Go the extra step, stay smoke-free and complete a 5 km walk/run event and you will be eligible to win a 2017 Honda Civic Coup LX or 1 of 13 cash prizes totaling \$16,000!

Pink Shirt Day

February 22nd, 2017

Help spread kindness and make your [promise](#) to end bullying by making a #PinkShirtPromise on your social media accounts! If someone you know is a victim of bullying, there are many [resources](#) available to help. We are proud to recognize and spread [awareness](#) about anti-bullying movements occurring worldwide. You will never regret being kind!

Webinars & Learning Opportunities

Burn Awareness Week

February 5–11th, 2017

Burn Awareness Week, presented by the BC Professional Fire Fighters Burn Fund, teaches kids how to be responsible for their personal safety, and increases family awareness of potentially harmful situations. The program is designed to be delivered in the classroom with age-appropriate safety lessons for K-7, however, anyone can access the [free program](#).

Food Insecurity Measurement in Canada: Interpreting the Statistics Webinar

February 8th, 2017 @ 10:00 – 11:30 am (PST)

Food insecurity – the inadequate access to food due to financial constraints – is increasingly recognized as a serious public health problem. Since 2005, household food insecurity has been systematically monitored in Canada through the Canadian Community Health Survey run by Statistics Canada. Anyone interested in using food insecurity statistics or learning about how food insecurity is monitored in Canada is encouraged to [join](#).

Community Engagement: The next generation

March 7-9th, 2017 – Vancouver, BC

Engagement expectations have changed and we need a new generation of tools and practices to inform, consult, involve and partner with people in building better communities. People demand to be engaged in decisions; they expect to work together and they want better outcomes for themselves and their neighbors. They believe by working together they can achieve a collective impact. Join this [three-day workshop](#) to learn more.

Funding Opportunities

Canada 150 Legacy Program - Tree to our Nature

February 17th, 2017 – Application deadline

Trees and green spaces are vital components of healthy built environments. Is there a specific area in your community that would benefit from more trees? Would you like Tree Canada to help you put together a planting event to celebrate Canada's 150th anniversary? If so, you are a perfect candidate to [apply](#) for this grant! Up to \$5,000 is available for 150 community tree-planting projects across the country.

Edible Trees Program

February 24th, 2017 – Submission deadline

Clean the air, beautify your neighborhood, and bring fresh fruits to your community. Grants up to \$4,000 and other resources are available for community-based projects (such as community gardens) that provide residents with access to fresh fruit trees and shrubs while making a positive difference to the Canadian environment. Learn more about Tree Canada's Edible Tree Program [here](#).

Community Fund for Canada's 150th

Canada will be celebrating its 150th anniversary in the summer of 2017. Eligible applicants for grants include municipalities, charities, and amateur athletic associations among others. Grant amounts range from \$1,000 to \$15,000. Successful applicants are required to match the grant amount. For more information, visit [Community Foundations of Canada](#).

Northern Health Blogs

Tobacco reduction

- [What are your reasons to quit?](#) by: Nancy Viney
- [It's always a good choice to stop smoking, no matter how old you are](#), by: Cynthia Gjerde
- ["My whole life changed the day I started to smoke"](#), by: Cynthia Gjerde
- [Creating a smoke-free community](#), by: Nancy Viney

Air quality

- [Taking steps to improve air quality – it all adds up!](#) by: Vince Terstappen

Healthy communities

- [New issue of Healthier You: Community grants in action!](#) by: Vince Terstappen

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.

For more information on the Northern Health's Population Health Programs visit the Northern Health website at <https://northernhealth.ca/YourHealth/HealthyLivingCommunities.aspx>

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*Northern Health's Population Health Team
Centre for Healthy Living
1788 Diefenbaker Drive, Prince George, British Columbia*