

July 21st, 2016

Healthier Northern Communities ebrief

Now available: Resources for the rural community context

Looking for healthy community resources tailored to rural and remote communities? Look no further than the [PlanH Rural Resource Portal](#)! Fostering health and well-being in smaller communities can pose unique opportunities, challenges, and approaches. The [Rural Resource Portal](#) is a way to learn, connect, and innovate as you look to create a healthier community where you live, work, learn, and play!

Food for Thought

- [July 24 is International Self-Care Day](#)
- [Healthy lifestyle could prevent half of all cancer deaths](#)
- [Drowning Prevention Week – enter to win a life-jacket!](#)
- [Not enough money for food is B.C.'s undiagnosed health issue](#)
- [ParticipACTION 24-hour movement guidelines](#)
- [This video is cringe-worthy in the best, pro-vax kind of way](#)
- [Agriculture's Connection to Health: A Summary of the Evidence Relevant to British Columbia](#)
- [Agriculture's Connection to Health: Responding to Local Governments](#)

Healthier Communities Resources

SafeRoads.com

Drivers play a large role in motorcycle safety. On a motorcycle, a rider is vulnerable. Be aware of motorcyclists on the road and give them the space they need. Motorcycle riders need to concentrate on the road and make sure other drivers see them. To learn more visit <http://www.saferoads.com/>

It's My Life! Stop cancer before it starts

[It's My Life!](#) is a new, evidence-based tool from the [Canadian Cancer Society](#). It teaches you how 10 lifestyle factors can affect your risk of getting cancer – and what you can do to prevent it!

Join the Conversation: What matters most for children and youth to grow up healthy in northern B.C.?

Northern Health wants to hear from you! Parents, youth, community members, and anyone working with children and youth in northern B.C. are invited to join the conversation on growing up healthy in northern communities. [Thoughtexchange](#) is a unique way for all northerners to share their ideas and hopes for healthy kids. The [Thoughtexchange](#) process is now asking participants to consider ideas from others and rate their favourite ideas. [Join the conversation online](#) and be sure to check out the [Chief Medical Health Officer's Health Status Report on Child Health](#) for more information.

Have a Ball Together!

Only 14% of kids aged 5-11 are meeting the guidelines for daily physical activity. What can childcare providers, teachers, coaches, or recreation leaders do to change this statistic? Check out [Have a Ball Together!](#) for activities and games, videos, resources, and other information to help ensure the kids in your care get the physical activity they need. Have a Ball Together! also has [resources for families](#).

Red Cross First Aid App

People are busy. We work, volunteer, spend time with family, look after our homes, enjoy hobbies. But every one of our priorities can change in an instant when we're hit with an emergency or disaster. The new [Red Cross Be Ready app](#) helps make it easier to know what to do before and after a disaster. The Be Ready app is interactive and offers information about the risks in your area, making a plan, and creating a disaster preparedness kit. It even features alerts supported by the Weather Network to monitor and track major weather events that could trigger an emergency in your area.

SmartBoater.ca

July 17-23, 2016 is Drowning Prevention Week so there's no better time to browse [SmartBoater.ca's extensive video library](#). Learn how to fit a life-jacket, how to increase your chances of survival in cold water, how to paddle safely, and more! [SmartBoater.ca](#) was created by the [Canadian Safe Boating Council](#).

Webinars & Learning Opportunities

Home Sweet Home Field School

This pop-up education series focuses on skills building, information gathering, and community economic development. The [Field School](#) consists of workshops, celebrations, and conversations about the local food economy. [Register for an event in your area](#). There are workshops coming up soon in Terrace, Hazelton, and Telkwa.

Developing a Provincial Approach for the Management and Treatment of Concussions in Children and Youth

July 21, 2016 at 10:00 a.m. (PST)

The BC Injury Research and Prevention Unit invites anyone interested in injury prevention to join their [webinars](#). On July 21, Ms. Jennifer Scarr (Provincial Lead, Health Promotion, Prevention and Primary Care with Child Health BC) leads a session on concussions in children and youth.

Stand up, speak out: Indigenous youth leadership training

July 25, 2016 from 9:00 a.m. to 5:00 p.m. Prince George BC

YouthCO and Yúusnewas presents: "[Stand Up, Speak Out: Decolonizing our Bodies](#)." Yúusnewas means taking care of each other in the Squamish language. One of the ways that we take care of each other is by learning about our bodies and sexual health and sharing that information with our peers! [Register today](#).

Kelty Summer Institute

August 25th – 26th, 2016 Vancouver BC

The theme of the 7th annual [Kelty Mental Health Summer Institute](#) is "Promoting Mental Wellness in BC School Communities." The institute is a two-day event that brings together teachers, school counsellors, school support staff, school administrators, district staff, health professionals, parents, students, and school community partners from across B.C. to exchange knowledge and ideas about improving mental wellness in school communities. [Register today](#).

2016 IDC Research Days Conference

November 7th – 9th, 2016 Prince George BC

This year's conference theme is: "Making Research Matter – Celebrating Evidence Implementation in Northern BC." The [IDC Research Days Conference](#) looks to celebrate and share research, evaluation and implementation of evidence from northern B.C., facilitate networking, and showcase partnerships. The [Call for Abstracts](#) is available online. Abstracts are due September 18, 2016.

5th Health & Wellbeing in Children, Youth & Adults with Developmental Disabilities Conference

November 16th – 18th, 2016 Vancouver BC

Children, youth and adults with Developmental Disabilities (DD) are vulnerable to high rates of general health and mental health concerns. This interactive 2016 conference will focus on practical strategies to optimize their potential. Our goal is to help clinicians and caregivers learn effective ways to work with individuals with DD and their families, to

improve their quality of life experience. This conference will engage health care providers and educators from a wide range of professional disciplines in knowledge transfer and inter-professional collaboration. [Click here](#) to view the conference brochure. [Click here](#) to register online.

Funding Opportunities

ParticipACTION Teen Challenge - #OlympicDay events

Grant applications due July 31, 2016

The ParticipACTION Teen Challenge is teaming up with the Canadian Olympic Committee to support #OlympicDay initiatives in communities across Canada. Qualify to receive \$250 - \$2000 to fund your event and to help carry the Olympic spirit forward! [More information](#).

Community Fund for Canada's 150th

Canada will be celebrating its 150th anniversary in the summer of 2017. Eligible applicants 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](#)

For More Opportunities Check Out:

[Community Grants: Information for northern communities and partners](#)

Recent Articles from the Northern Health Blog

- [A family's plan to prevent drowning](#)
- [Foodie Friday: Prep your meals in bulk so you can get back outside!](#)
- [Wordless picture books and pre-literacy](#)
- [Diversity and culture: celebrating Two-Spirit people](#)
- [Foodie Friday: Tips for great-tasting fish!](#)
- [Fatherhood, community, and culture: Reflections on parenting in Prince Rupert with Duane Jackson](#)
- [Foodie Friday: Broccoli salad – a versatile recipe!](#)

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 e-briefs 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>

- **To subscribe**, send a blank email to healthycommunities@northernhealth.ca with "subscribe" in the subject line.
- **To unsubscribe**, send a blank email to healthycommunities@northernhealth.ca with "unsubscribe" in the subject line

If you have any questions about our list and your privacy, please feel free to phone us at: 250.649.6568

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