

March 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.

IMAGINE Community Grant funding available to community groups, schools, and organizations!

Do you have an idea for a project that promotes staying healthy? Northern Health is looking for community partners with ideas for projects that will improve the health of those living, working, learning, and playing in northern B.C. Community groups and partners can apply for IMAGINE funding of up to \$5,000. Grant information and applications are available on [Northern Health's Imagine Grants website](#). Information can also be obtained via e-mail at imagine.grants@northernhealth.ca or by phone at 250-565-2131.

Applications are being accepted from March 1- March 31, 2017. Applicants will be notified of the status of their application (successful or unsuccessful) by mid-May. The IMAGINE grants will provide another opportunity to apply for funding in September 2017. Check out the winter edition of Healthier You Magazine for grant writing tips and to learn more about community projects happening in the region [here](#).

Food for Thought

- [Healthy Communities PlanH feature videos](#)
- [Aging Well videos](#)
- [When Community Food Security isn't Enough: Repairing the poverty 'bridge' in BC: Part II](#)
- [Healthier You Magazine: Spring 2017](#)

Healthier Communities Resources

March is Nutrition Month

Nutrition Month is an annual campaign promoted by Dietitians of Canada and dietitians across the country. This year's public campaign is dedicated to supporting Canadians to stop their struggles with food. The slogan for the campaign is [Take the fight out of food. Spot the problem. Get the facts. Seek support.](#) The theme is chosen each year based on input from Dietitians of Canada members and consumers and campaign goals are to provide information and guidance to make it a little easier for Canadians to end their fight with food.

Promoting Resiliency in a Northern Inner City School: School Connectedness

How can schools use art to help students express their feelings? An inner city school in Prince George has a unique philosophy and demonstrates that art lessons can be designed to have therapeutic outcomes for students. Learn more [here](#).

Cities Reducing Poverty: 2017 Membership is Now Open

The Vibrant Communities Canada Cities Reducing Poverty (VCC-CRP) Network is a collective impact movement aimed at reducing poverty for 1 million Canadians through the efforts of local multi-sectoral roundtables and the alignment of poverty reduction strategies at the local, municipal and federal levels. Every year, more cities join this pan-Canadian initiative, helping to strengthen a networked learning community of over 100 cities working to reduce and eradicate poverty. Learn more [here](#).

Resilient Streets Toolkit

A toolkit designed to support places where people live to be more resilient with fun, hands-on project ideas. It includes information about resilience and includes tons of links to useful resources. Access the toolkit resource [here](#). Learn more about the **Building Resilient Neighbourhoods Project** [here](#).

Healthier Communities Events

Upcoming Seedy Saturday Events

Community seed swapping and sharing events offering education on seed saving, gardening and local, seasonal growing.

- Hazelton (March 4th 11am-2pm) New Hazelton Meeting Centre
- Port Clements (March 11th 11am-2pm) Port Clements Hall
- Terrace (March 25th at 11am-2pm) Health Unit Auditorium – 3412 Kalum Street
- Quesnel (April 22nd 10am-4pm) College of New Caledonia, Quesnel Campus Atrium

Webinars & Learning Opportunities

14th Annual Air Quality & Health Workshop

March 15, 2017- Vancouver, BC

The 2017 Air Quality & Health Workshop, presented by the BC Lung Association, will present ideas, research, and case studies from international experts on the exposure, health, and economic impacts of air quality management strategies. Participants will learn from the successes and challenges of previous air quality management efforts, while being challenged to consider new opportunities for improving air quality and health in the future. Learn more about the event [here](#).

An Asset-Based Community Development Approach to 'Healthful Aging' and Care in Rural Communities

March 14, 2017 12-1 pm PST

Join this webinar to hear about how local strengths, rather than deficiencies, can be used to understand and develop local community capacity and resiliency to support healthful aging. Learn more and register [here](#).

Public Policies to Make Bicycling Even Safer

March 16, 2017 10-11 am PST

This is a webinar about Canadian evidence on the percentage of trips by bike, helmet laws, and infrastructure. Presented by Kay Teschke, Professor in the School of Population and Public Health at the University of British Columbia. See [here](#) for information and how to register.

Just Change: How to Collaborate for Lasting Impact

March 29, 2017 1-2 pm EST

In her new book, *Just Change: How to Collaborate for Lasting Impact*, Living Cities' Chief Impact Officer, Tynesia Boyea-Robinson shares stories and case studies focused on innovative and collaborative approaches to large-scale social change. Join in on this webinar to learn more about this work and look at leaders from across the country who have successfully created sustainable, long-lasting solutions to address key root causes of inequities in their communities. See [here](#) for more and how to register.

Cities Reducing Poverty: When Business is Engaged

April 4-6, 2017- Hamilton, ON

The third annual poverty reduction summit will build on the work of previous summits and expand the conversation to examine the role of business and multi-sectoral approaches to poverty reduction from across Canada. Ending poverty is everyone's *business*. Learn more about the summit [here](#).

Collective Impact: Lessons from the Field

April 13, 2017 12-1 pm EST

The speakers in this webinar will share their learnings as they lead collective impact initiatives focusing on greenhouse gas reduction, meeting the needs of children, youth and families in Halton, ON and working to end poverty in St. John, NB. Read more and register [here](#).

Why Food Won't Solve the Problem of Hunger

Nick Saul is President and CEO of Community Food Centres Canada, a national organization that builds and supports vibrant, food-focused community centres in low-income neighbourhoods. These centres are based on the idea that good food is a powerful force for greater health, equity and social change. Watch his Tedx Toronto presentation [here](#).

Online Citizen Engagement Trends to Watch in 2017

Mary Leong is the Communications Manager at PlaceSpeak, a location-based civic engagement platform that enables consultation within specific geographic areas for data-driven decisions and public policy. Read the story [here](#).

Funding Opportunities

Active Communities Grant

Local governments, regional districts and First Nations, can apply for the Active Communities Grants to increase opportunities for physical activity through improving access, inclusion and/or healthy community design. Each health authority will receive \$353,800 to award individual community grants of up to \$30,000, with the opportunity for larger combined grants for joint proposals. Northern Health will have an open call for proposals at the end of May. For more information, contact Chelan Zirul at: chelan.zirul@northernhealth.ca Read the news release [here](#).

Rick Hansen Foundation: Access4All Barrier Buster Grant

Leading Canadian cities are planning accessibility into their built environments and encouraging their communities to be more inclusive. To celebrate this good work, showcase the best national accessibility programs among municipalities both large and small, and measure progress towards a fully accessible Canada, the Rick Hansen Foundation has created the Accessible Cities Award. The Award is a symbol to your community and district partners that your municipality cares and works to improve the quality of life for all members of our community. The chosen city will be awarded an Access4All Barrier Buster grant of up to \$30,000 for an accessibility infrastructure improvement and associated awareness event of the winning recipient's choice! Deadline for applications is March 31, 2017. Learn more [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](#).

Connect to Innovate

The federal government's Connect to Innovate program will invest up to \$500 million by 2021 to bring high-speed Internet to rural and remote communities in Canada. The deadline for submissions is April 20, 2017. Access to health care is a determinant of health, and Internet technology can help. Learn more [here](#).

Heart health

- [Heart Month how-to: Heart attack recognition](#) by: Jess Place

Nutrition

- [Foodie Friday: Cozy up to your freezer](#) by: Marianne Bloudoff
- [Foodie Friday: Supporting culturally safe environments with traditional First Nations foods](#) by: Victoria Carter
- [Foodie Friday: Celebrating love with a cozy weekend breakfast](#) by: Erin Branco
- [Foodie Friday: Ditch the diet, not the healthy eating](#) by: Emilia Moulechkova

Tobacco reduction

- [10 tips for talking to kids about tobacco](#) by: Nancy Viney
- [What are your reasons to quit?](#) by: Nancy Viney

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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