

October 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.

National Teen Driver Safety Week (Oct 15-21)

The 5th annual [National Teen Driver Safety Week](#) focuses on drugged, distracted, impaired, and aggressive driving. [Parachute Canada](#) is encouraging schools, police and community partners to participate. Check out their[website](#) to find out how, or join the social media discussion at #GetHomeSafe.



Food for Thought

- **October 14th, 2017** is [World Cavity-Free Future Day](#) – Use the #WCFFDay hashtag on October 14th on social media to become part of the social movement, or tweet a photo of your smile to @ACFFGlobal using #WCFFDay to show your support of the fight to ensure a future free from cavities.
- ICBC Know Your Part campaign - We all have a part to play in keeping our roads safe. How well do you know yours? [Take our Drive S.M.A.R.T. quiz](#) to find out! Brush up on the rules of the road with our [Drive Smart tips](#) and find out how to improve your driving skills and behaviours.
- [PlanH](#) wants to hear from *innovative, rural communities* in BC to further tailor their resources and support for small, rural and remote communities. Help contribute to their [Rural Portal](#) by providing your input today.

Resources

Breathr – Mindfulness App for Youth

The practice of mindfulness (guided breathing and other simple exercises) can help to refocus and calm the mind, and benefits adults, children, and youth. The [Breathr app](#) provides opportunities to try out a variety of mindfulness practices while teaching about the science behind them. Visit [Kelty Mental Health resource centre](#) for more information and to download the app.

School & Youth Health Resource Page – Northern Health

Discover [evidence-based resources](#) and [links for a variety of school related health topics](#) from allergies to tobacco at [northernhealth.ca](#)

Options for Sexual Health

Options for Sexual Health BC has [education support for school programs, parents and professionals](#), as well as [confidential responses to questions](#). Find out if you're "an askable adult".

Dementia-Friendly Communities Local Government Toolkit

A [toolkit](#) is available to support local governments in British Columbia in their efforts to make their communities more supportive of people with dementia. The kit supports the process of becoming a designated "[Dementia-Friendly Community](#)".

Community Events

October 1-31st – Canada's Healthy Workplace Month

Healthy workplaces support healthy people. This month increase awareness in your workplace about the importance of healthy lifestyles, workplace culture, mental health, and the physical environment. Access the [website](#) for tools, [resources](#) and best practice or [sign up](#) your workplace to be a member for free.

October 1-7th, 2017 – Breastfeeding Week

Breastfeeding is not the sole responsibility of a woman. It is imperative that we all work together to protect, promote, and [support breastfeeding families and their communities](#). This year the theme for Breastfeeding week is "[Sustaining Breastfeeding Together](#)". Read the [2017 Breastfeeding Week Proclamation](#) from the Province of BC to learn more.

October 1-7th, 2017 – Mental Illness Awareness Week

Join the [conversation about mental health and mental illness](#) to help raise awareness during [mental illness awareness week](#). Use the hashtag #MIAW17, like CAMIMH on [Facebook](#), or follow them on [Twitter](#).

October 2-6th, 2017 – Walk and Wheel to School

Part of International Walk to School Month (iWalk), Walk and Wheel to School encourages students, parents, staff, and community members to celebrate the many benefits of walking to school. [Register your school](#) to receive resources and support!

October 2-27th, 2017 – Be Active Every Day Campaign

This annual campaign, run by [the Doctors of BC](#), matches doctors with a school where they can visit and provide support over four weeks while challenging the kids to increase physical activity. To learn more visit [Be Active Every Day](#) or contact Patrick Higgins at phiggins@doctorsofbc.ca

Funding Opportunities

Age-Friendly Grants

Applications Due November 10, 2017

The [Age-friendly Communities grant program](#) is intended to assist local governments in BC to best support aging populations, develop and implement policies and plans, or undertake projects that enable seniors to age in place, and facilitate the creation of age-friendly communities. [Submit your application today!](#)

First Nations Health Authority - Our Community, Our Water Grant

Event must be held prior to March 31st, 2018

The objective of the grant is to support awareness and preservation of the First Nation's community drinking water sources. FNHA will provide \$500-5000 for First Nation's communities to [support hosting a Water Awareness Day Event](#). [Learn more](#) from the [First Nations Health Authority](#).

Youth Action Grants (YAG)

The [McCreary Centre Society](#) has made [grants of up to \\$500 available](#) for youth-led projects which aim to improve youth health in their school or community. To qualify, individuals must be from a school district who participated in

the [2013 BC Adolescent Health Survey](#). For more information and to register visit the [McCreary Centre Society Youth Action Grants](#).

Education/Learning Opportunities

ASIST Suicide Prevention Training

October 2-3, 2017 Canadian Mental Health Association, Prince George

This two day suicide prevention and intervention class provides helpful training for first responders, elders, spiritual leaders, community service providers, teachers, and any others interested in attending. To register call 250-564-8644 or email devon@cmhaph.ca

Northern Health Blogs

- [Healthy schools matter](#) By: Heather Ouellette
- [Garden harvest time](#) By: Tamara Grafton
- [It takes a community: September 9th is FASD awareness day](#) By: Amy DaCosta, Lise Luppens and Stacie Weich
- [What is MILK? It's time to protect, promote and support maternal & child health!](#) By: Brittany McCullough and Sarah Gray
- [Feeding our babies: at what age can we start offering solid foods?](#) By: Lise Luppens
- [Coffee Break: Taking 5 for Alzheimer's Disease](#) By: Gloria Fox
- [Flexible recipes make cooking easier](#) By: Flo Sheppard
- [Fish preservation is good for the soul](#) By: Victoria Carter

Additional Online Health Newsletters/Updates

Too Hot for Tots! Newsletter

The [Too Hot for Tots program](#) develops resources for public educators working with young families to [teach caregivers about burn injuries that often happen in the home](#). The program offers great resources for daycares and parenting programs. They also have a [newsletter to subscribe to](#).

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>

- **To subscribe**, send a blank email to healthycommunities@northernhealth.ca with "subscribe" in the subject line.
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Next edition to follow in November 2017