

April 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.*

### April is Oral Health Month

It's [National Oral Health Month](#). If your mouth is not healthy, it can affect your appearance, social acceptance, ability to eat and to sleep. An infection in the mouth is the end result of a bacterial infection and these bacteria have the potential to travel throughout the bloodstream and affect other systemic organs.



So what are the most important things you can do to maintain [good oral health](#), to reduce your risk of developing periodontal disease, and to reduce your risk of developing many of the other diseases associated with poor oral health? Health Canada has published the "[Smile: Healthy Teeth-Healthy Body](#)" booklet to help you develop your Oral Health Plan.

### Food for Thought

#### Wildfire Consultation Report Released

This [report](#) was commissioned by the Cariboo Regional District and has been presented to the Cariboo Regional District Board of Directors. It combines results from 2 dozen community meetings, a survey, and Facebook event held in the fall of 2017.

#### A Public Health Approach to Cannabis—Survey for Health & Social Service Providers

Provide community stakeholder feedback on this very timely issue. Visit the [survey site](#) for more information.

#### BC Alliance for Healthy Living Society Needs Assessment

##### Survey open until 13 April 2018

The BC Alliance for Healthy Living Society (BCAHL) is looking for your assistance with a needs assessment survey that will **help improve equity, inclusion and accessibility policies for physical activity in British Columbia**. This survey seeks to identify existing and emerging equity/inclusion/accessibility policies or documents that guide work in organizations and ask stakeholders about what supports they need to develop or implement them. The survey can be accessed at [PA Health Collaborative Physical Activity Policy Needs Assessment Survey](#). If you have any questions, please do not hesitate to contact Sue Cragg at [suecraggconsulting@gmail.com](mailto:suecraggconsulting@gmail.com).

## Resources

### Bounce Back Program

If you are feeling overwhelmed, tired or more worried than usual Canadian Mental Health Association's Bounce Back program might be able to help. They have recently expanded the program to include youth 15y+, who can access this program at [www.bouncebackonline.ca](http://www.bouncebackonline.ca). Not sure if Bounce Back is for you? Follow this [link](#) to learn more.

### Online Chronic Disease Resource

The [Chronic Disease Dashboard](#) is a new, interactive tool from the BC Centre for Disease Control that provides summary statistics on a variety of non-communicable diseases and conditions in BC.

### Autism BC Northern Support Group

Autism BC Northern Region is starting a teen sibling support group. This group will be designed for neuro-typical kids 13-18y who have a brother or sister with autism. Go to [AutismBC online](#) or their [Facebook event Page](#) for more details.

### Hosting a Gambling Facility: A Local Government Information package on the Public Health Risks of Gambling

This [guide](#) will help local governments make informed decisions about whether to host or expand a gambling facility, as well as promote public safety in communities with existing facilities.

### PROOF – Food Security Fact Sheets

PROOF is an interdisciplinary team of researchers focused on household food insecurity in Canada. They have created a number of [fact sheets](#) on food security topics including: monitoring, impacts on health and children, public policy, food skills, social assistance and mental health.

## Community Events

### Rosacea Awareness Month

#### April 2018

Rosacea affects more than 3 million Canadians. Find out more information at the [Rosacea Help](#) website by the Acne and Rosacea Society of Canada.

### Homeless Count

For the first time, the Province will coordinate Homeless Counts in several communities in BC this spring. Support is needed from local service providers, community organizations, and volunteers to ensure the successful delivery of each count. If you are over 19y, compassionate, comfortable with one-on-one conversations and interested in supporting this work see below on how to volunteer.

- [Smithers](#) – April 17<sup>th</sup>
- Prince George – April 18<sup>th</sup>, Email interest to [pgcount2018@gmail.com](mailto:pgcount2018@gmail.com)
- [Fort St. John](#) – April 18<sup>th</sup>

### SPARK Women's Leadership Conference

#### May 9 – 10, 2018 Fort St. John, BC

**Registration opens in March** - This [conference](#) provides a unique, local opportunity for learning and creates the blueprint for increased success in the region. This professional development opportunity is designed to enhance the career path of attendees Register on the [SPARK website](#). For those who do not have the financial ability to attend, the [Angel Program](#) offers sponsor pre-purchased registration support.

## **Bike to Work and School Week**

**May 28 – June 3, 2018**

Get ready for [Bike to School Week](#) 2018! This year's event is May 28-June 3<sup>rd</sup>. Get involved by: [Registering your school](#) to start a team, getting your free [ICBC Road Safe](#) educational materials to teach road safety, planning school events. A few fun ideas to plan in advance: celebrate with a kick off or wrap up to the week, a bike rodeo/obstacle course or lunch time bike ride, invite a local bike shop to teach bike maintenance, host a celebration station for student and staff participating.

## **Funding Opportunities**

### **FNHA Day of Wellness Event Grants**

**Due: April 16th, 2018**

The June 21<sup>st</sup> Day of Wellness events are part of an annual wellness movement for First Nations peoples in BC. Grants are available to help you host wellness activities on BC Aboriginal Day focused on respecting tobacco, being active, healthy eating, and nurturing spirit. For information and eligibility criteria visit [FNHA.ca](#).

### **United to End Bullying Grant**

**Application Deadline: April 23, 2018**

School administrators, educators, school transportation teams, and non-profits working with school-age children, K-12, in Canada and the US are eligible to apply for a grant up to \$5,000. The grant is intended to keep children safe and help end bullying and can be used for bullying educational and awareness programs, kindness initiatives, social emotional learning, or school bus equipment. Learn more and [apply here](#).

### **Smart Cities Challenge**

**Application Deadline: April 24, 2018**

This competition is open to all municipalities, local or regional governments, and Indigenous communities across Canada. The challenge will empower communities across the country to address local issues their residents face through new partnerships, using a smart cities approach (data and connected technology). Four prizes totaling \$75 million are available to be won. For information and to apply visit the [Government of Canada](#) website.

### **Greenest School in Canada 2018**

**Application Deadline: April 30, 2018**

Demonstrate how you're educating students about sustainability. Schools that offer any grade from kindergarten to grade 12 in Canada are eligible to participate in the Greenest School in Canada competition, and will be judged on criteria including: efficient use of resources and reduced environmental impact; enhanced health and learning among students, teachers and staff; and emphasis on sustainability and resource-conservation education. [Enter to win](#) \$2,000 in prize money.

## **Education/Learning Opportunities**

### **FREE Kids Have Stress Too: Trainers Training**

**April 13-14, 2018**

**Prince George and Area Child Care Resource and Referral**

This [training opportunity](#) for Kids Have Stress Too! for Preschool, Kindergarten and Parent provides a comprehensive introduction to key aspects of childhood and brain development and the crucial role caregivers and educators play in buffering the impact of stress on young children. A [program overview](#) or useful [education materials](#) are available online. To apply email Cindy Andrew at [cindy.pandrew@psychologyfoundation.org](mailto:cindy.pandrew@psychologyfoundation.org)

## A Vibrant Communities Webinar: Business and the Minimum Wage

Online - April 23, 2018 9-10am PST

Two business leaders from BC and Ontario will share two very different views on the \$15/hr minimum wage and challenge assumptions about what the new minimum wage means for us and our economies. [Registration](#) for this webinar is available on the Tamarack Community website.

## Workshop: Turf, Trust and Collaboration: Practical Tools for Building Trust

April 25<sup>th</sup>, 9:00am – 3:00pm Prince George, BC

This workshop will provide participants with simple, practical tools and approaches to building trust. Participants will be able to bring these back into their collaborative efforts and renew engagement and shared ownership. This day-long workshop, facilitated by Liz Weaver, Vice-President of the Tamarack Institute will be filled with both content and practical tools that participants will be able to use in their collaborative efforts or in their workplaces. Visit [Eventbrite](#) for more information and to register. Registration is limited.

## Appetite to Play E-Learning Modules for Early Years Providers

Online

The [Appetite to Play](#) website promotes healthy eating and physical activity in the early years, and includes two e-learning modules for early years providers. These modules are each 1.5 hours in length and can be used towards professional development credits.

### [E-Learning Module: Healthy Eating](#)

The module offers early years providers tools and resources to create, adapt and further support environments that promote healthy eating and food literacy.

### [E-Learning Module: Physical Literacy](#)

The module helps early years providers create, adapt and support a physical literacy environment through the use of planning and self-assessment tools.

## Northern Health Blogs

- [Poison prevention: can you spot the difference?](#) By: Amy Da Costa
- [IMAGINE Community Grants: Key factors for success in community!](#) By: Mandy Levesque
- From my family to yours: [personalized no-bake energy balls](#) By: Terry Lok
- Celebrating the work of dietitians in the north: [Dietitians Day 2018](#) By: Flo Sheppard
- [IMAGINE Community Grants: We have a map for that!](#) By: Mandy Levesque
- [Food and Fun: Building Healthy Relationships in the Kitchen](#) By: Lise Luppens

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](mailto: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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*Next edition to follow in MAY 2018*