

# Northern Health Healthy Communities E-Brief

April 2023

## Join the Conversation about Preventing Falls

Did you know falls are the leading cause of injury for older adults? One in three British Columbians over the age of 65 will fall once a year, and falls are the main reason why older adults lose their independence. Many falls can be prevented and there are [resources](#) available to help keep older adults injury-free.

Starting this spring, Northern Health will be hosting conversations across the region to learn how falls are being prevented. Adults 65 years and older will be invited to share their thoughts during a telephone survey or an in-person group discussion in select communities. Community organizations that support older adults are invited to share their feedback in this [survey](#).



Source: [Unsplash](#)

We would like to learn:

- How people and communities in Northern BC work together to prevent falls.
- If and how the COVID-19 pandemic has changed fall prevention efforts in communities.
- What resources are available and needed to help prevent falls.

To find the dates and locations of the in-person group discussions and to learn more about fall prevention, visit the [Northern Health Seniors' Fall Prevention](#) webpage. This project is funded by the BCCDC Foundation for Public Health.

The information gathered will guide future fall prevention efforts in the Northern Health region. We look forward to connecting with community members!

## For Your Information

### Oral Health Month 2023

April is Oral Health Month. Time to celebrate oral health for total health. The Northern Health (NH) dental team will be sharing information on NH social media on how to keep your teeth for a lifetime. The NH dental team works very closely with other health professionals such as Primary Care Nurses, Speech and Language Pathologists and Dietitians to improve the dental health of people living in Northern BC. The NH dental team members can be found providing dental services in primary care settings, preschools and public schools as well as attending health fairs and events in local communities. To learn more about oral health for total health or how to access the

dental program in or near your community, visit the NH Dental Health Program [webpage](#).

British Columbia Dental Association's (BCDA) [Brush2Win contest](#) runs April 1 to 30, 2023, and is open to all BC elementary schools with children in Kindergarten through Grade 3. Schools registering during the contest period will be entered into a draw for one of five \$1,000 prizes!

## Share Your Opinion

### **Call for Applications for the National Advisory Council on Poverty**

**Deadline: April 13, 2023**

The Government of Canada is seeking persons with lived experience of poverty for the National Advisory Council on Poverty. Candidates may submit a narrative describing their experience living in poverty, instead of submitting a resume. Women, Indigenous people, persons with disabilities, and members of visible minority groups are strongly encouraged to [apply](#).

### **School Food Toolkit for BC – First Nations Engagement**

**Deadline: April 30, 2023**

The BC Chapter of the Coalition for Healthy School Food and IDEA Diabetes are inviting you to complete this [survey](#) and share views on school food and inform the development of a toolkit. The purpose of this survey is to engage First Nations peoples and communities in BC to understand the perspectives and world views about the school food environment for First Nations students, whether they are living at home or away from home. Share your views and be entered to win a \$500 donation for the school of your choice.

## Resources (toolkits, reports, websites)

### **Guide: 10 ways Local Government can Propel Positive Social Change**

This [guide](#) provides a road map for local government leaders, community partners, and individuals who wish to deepen their learning and find guidance on how local governments can become game-changers in propelling positive social change.

## Hands on Food: A food-based teaching resource for primary and secondary educators in BC

Looking for an engaging way to teach about food? [Hands on Food](#) offers food and nutrition lesson plans that you can incorporate into your core curriculum, including Science and PHE. Topics include growing, cooking, and preserving food, and reducing food waste. Lessons were developed by dietitians and educators and were successfully piloted in School Division 73 classrooms.



## Hey Neighbour! Collective Practice Guides

These four practice guides are written for residents, landlords, housing operators, non-profit organizations, and local governments. They focus on fostering neighbour-to-neighbour connections and social resilience in multi-unit housing. They also include tips and strategic approaches and describe the benefits for everyone involved. Visit the Hey Neighbour! [webpage](#) for more information and to access the guides.

## Physical Activity Alliance of Northern BC (PAANBC) soft-launches website

The Physical Activity Alliance of Northern BC (PAANBC) is an alliance of community-minded organizations working to make movement accessible across Northern BC. The Alliance has just launched their [website](#), which will act as an information-sharing and partnership building hub for organizations and champions with a passion for physical activity. Please take the opportunity to browse and contribute your community insights and opportunities! You can also follow PAANBC on [Instagram](#).

## We Deserve Safer Spaces Campaign

Together, we can end gender-based violence (GBV) against 2SLGBTQIA+ youth. Through education, allyship and action, we can make a safer world for 2SLGBTQIA+ youth. Make a commitment today and take the [pledge](#) to fight GBV against 2SLGBTQIA+ youth. Visit the Safer Project webpage to access resources for [youth](#) and [service providers](#).



## Events & Learning Opportunities

### **Wood Smoke Webinar**

**Date: April 4, 2023**

The BC Lung Foundation and BC Ministry of Environment are hosting a free [webinar](#) on April 4. Learn more about how wood smoke affects your health and the environment. Find out what the provincial government is doing and what communities and individuals can do to reduce or avoid exposure to wood smoke.

### **School Garden Mentorship Program**

**Dates: April 4 to October 12, 2023**

Farm to School BC is offering a series of free monthly after-school [online workshops](#) to support K-12 educators in BC with planning, creating, or revitalizing a school garden.

### **BCRPA Strategic Snapshot Session: Climate Change**

**Date: April 5, 2023**

BC Recreation and Parks Association (BCRPA) is hosting a free [webinar](#) with short presentations on promising practices and lessons learned from projects and initiatives designed to address climate change. Gather information to help inform recreation and parks planning, projects, facilities, or services in your community.

### **Community Leaders: A Necessary Part of Your Social Change Strategy**

**Date: April 5, 2023**

Tamarack Institute is hosting a free [webinar](#) for municipalities, other levels of government, and organizations looking to better understand how to approach engagement more effectively at the community level, how to begin building relationships with residents, and how to create the conditions for community connectors to thrive.

### **A World Without Labels: Taking a Service-Centred Approach to Inclusion**

**Date: May 3, 2023**

Tamarack Institute is hosting a free [webinar](#) with a panel of community advocates who are working to change how we see labeled people in our communities. They will offer examples and strategies for how to understand an individual without labeling them in a specific group based on a single aspect of their lived experience.

## Healthy Communities Forum: North Central Local Government Association

**Date: May 8, 2023**

Northern Health (NH) is pleased to announce that we are resuming the [Healthy Northern Communities Forum](#) preceding the 2023 North Central Government Association (NCLGA) Annual General Meeting on Monday, May 8 in Dawson Creek. This year's Healthy Communities Forum will connect with you on two very important health topics: 1) Addressing health human resource challenges in Northern BC; and 2) Engaging with NH to support community health and well-being. We look forward to hearing your community health priorities and sharing an open dialogue through a range of facilitated discussions and presentations.

## Exploring Early Child Development Data for Northern Communities: A Northern BC Conversation

**Date: May 12, 2023**

[Human Early Learning Partnership](#) (HELP, UBC) and [SEED BC](#) Northern Early Years Network invite early years professionals, municipal leaders, and school staff in Northern BC to attend a free [online engagement session](#) that will introduce the latest Early Development Instrument (EDI) data and provide an opportunity to discuss how this data can be used along with local knowledge to help support children's health and development within Northern BC communities.

## Funding Opportunities

### Urban Communities Partnering for Reconciliation

**Deadline: April 14, 2023**

The [Urban Communities Partnering for Reconciliation](#) funding is available to eligible Indigenous organizations and local governments who want to create opportunities for in-person dialogue and relationship building which can help advance collaborative reconciliation plans, protocols, agreements, or future projects.

### Youth Climate Action Program and Innovation Fund

**Deadline: April 20, 2023**

The [Youth Climate Action Program and Innovation Fund](#) is for young people aged 14-30 based in British Columbia and Yukon impacted by the wildfires in BC, who are passionate about environment, care about their community, and are looking for ways to learn more about how to create their local climate action projects and support communities recovering from fire impacts. The program includes coaching and workshops as well as a funding opportunity of up to \$5,000.

## **Indigenous Watersheds Initiative Grant**

**Deadline: April 24, 2023**

The [Indigenous Watersheds Initiative Grant](#) is available to First Nations communities or organizations in BC with a vision for watershed health and security. To learn more, register for the information [webinar](#) on April 4.

## **Community Gaming Grants**

**Deadline: April 30, 2023**

[Community Gaming Grants](#) provide \$140 million annually to not-for-profit organizations throughout B.C., to support their delivery of ongoing programs and services that meet the needs of their communities.

## **PlanH Healthy Community Grants**

**Deadline: May 1, 2023**

The PlanH Healthy Communities grants support Indigenous and local governments in B.C. as they work with health authorities and other partners to collectively create conditions that enable healthy people and healthy places. Administered by BC Healthy Communities, there are two funding streams being offered: [Community Connectedness](#) (up to \$5,000) and [Healthy Public Policy](#) (up to \$15,000).

## **Reclaiming My Language: A Course for Silent Speakers**

**Deadline: May 31, 2023**

[Reclaiming my Language: A Course for Silent Speakers](#) is an Indigenous-developed program to support Silent Speakers to reclaim their language and begin speaking again. First Peoples' Cultural Council provides funding of up to \$35,000. BC First Nations communities and Indigenous organizations are eligible to apply.

## **Disaster Mitigation and Adaptation Fund**

**Deadline: July 19, 2023**

The [Disaster Mitigation and Adaptation Fund](#) is a national program designed to support construction of public infrastructure and/or modification or reinforcement of existing public infrastructure that prevent, mitigate or protect against the impacts of climate change, disasters triggered by natural hazards, and extreme weather.

## **Welcome Home Kits**

**Deadline: Ongoing**

[New Welcome Home Kits](#) provide household items and essential supplies to individuals and families throughout the province as they transition into more stable housing. The approximate value of each kit is \$450. Organizations interested in participating in the Welcome Home Kits program can email [info@sparc.bc.ca](mailto:info@sparc.bc.ca) or call (604) 718-7736.

## **Provincial Homelessness Grants**

**Deadline: Ongoing**

The Social Planning and Research Council of BC (SPARC BC) [Homelessness Community Action Grant](#) provides one-time funding for local planning and collaborative initiatives designed to better respond to the needs of those who are homeless or at risk of becoming homeless. Funding supports community-based action including demonstration projects, partnerships, research, and other collaborative efforts.

## **Northern Health Stories**

### **Connecting with a registered dietitian in Northern BC**

Dietitians are essential members of the health care team, and provide nutrition care to individuals of any age based on their individual health needs...[continue reading](#).

See the latest stories at [stories.northernhealth.ca](http://stories.northernhealth.ca)

## **E-Brief Information**

The Healthier Northern Communities [E-Brief](#) is produced by [Northern Health's regional Population and Preventive Public Health program](#).

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