

August 2019

## Healthier Northern Communities E-brief

The Healthier Northern Communities e-brief is produced by the Northern Health's Regional Population and Preventive Public Health Team. In the spirit of healthy people who live, work, learn, and play in healthy communities across the north, the e-brief delivers information on resources, learning events, funding opportunities, and other information specific to promoting healthy living and the prevention of chronic disease and injury.

### Health-Focused Housing Needs Assessment Support



Local governments in BC must complete a [housing needs report](#) by April 2020, and every 5 years after. These reports can promote equity and inclusion, reflect diverse needs, and allocate efforts and resources. The eBrief will continue to share funding opportunities (see [UBCM](#) and [NDIT](#)) and resources (see [PlanH Healthy Housing Action Guide](#)) to help communities make the most of this process.

If your community needs more support with this process or thinking about what a health-focused assessment could look like, please reach out to your regional [Healthy Settings Advisor](#).

### For Your Information

#### The Healthy Neighbourhoods Data Challenge

[MaRS](#) is [looking for innovators](#) to identify new sources of data and analytical mechanisms that can improve the understanding of physical environments. This is in order to promote healthy living and improve health outcomes in neighbourhoods. The most promising ideas will be funded (up to \$60,000) and developed into concepts with the goal of supporting public health.

## Canada's First-Ever Food Policy

The first-ever [Food Policy for Canada: Everyone at the Table](#) was released in June 2019. This policy recognizes that we need a well-rounded approach to tackling food-related issues. A National food policy is important; it helps to guide how food is produced, processed, distributed, and purchased. A few goals of the food policy include: reducing food insecurity, supporting a healthy and resilient food system that works for all people, and lessening the environmental impact of food production. Additional Federal policies that will support Canadians in healthy eating include: the [Healthy Eating Strategy](#), and [Poverty Reduction Strategy](#).

## Violence Prevention Charter

[PHABC](#) is asking individuals to sign the [Violence Prevention Charter](#). It is an official document intended to recognize the commitment of Canadian citizens to the creation of a Canada "Free of Violence". The Charter outlines our purpose, current situation, vision and signatory commitments.

## Resources

### Toolkit: Community Acceptance of Non-Market Housing

[BC Housing](#) has developed a [toolkit](#) to help build community acceptance of non-market housing developments. The toolkit includes a [guide](#) designed for local governments working through the development approval process.

### Guide: Active Transportation Design

The BC Government published a [resource](#) to help guide local governments build safe, and effective active transportation infrastructure.

### Toolkit: Climate Change Toolkit for Health Professionals

[CAPE](#) has designed this [toolkit](#) to help health professionals understand climate change and its health impacts. It also provides information on the health co-benefits of climate solutions, and actions that communities and health care facilities can take.

### Toolkit: A Practical Toolkit to Help Employers Build an Inclusive Workforce

[The MHCC](#) designed this [resource](#) to help HR professionals with workplace wellness, diversity, accessibility and inclusiveness when addressing the needs of workers living with mental illness.

### Online Series: Undeniable: Canada's Changing Climate

This [online series](#) from the Toronto Star explores climate change and what Canadians can do now to have an impact.

## Education and Learning Opportunities

### Free Online Training: Asset Management, Leadership & Operations

**Ongoing.** [BCNPHA](#) offers a variety of [courses, modules and webinars](#) so that you can upgrade your skills at your own pace. Topics include Affordable Housing 101, Cannabis Laws, Extreme heat and Air Quality events, etc.

### Webinar: Living Wages for Local Governments

**Online Recording of Webinar.** This [Living Wage for Families webinar](#) outlines what the living wage is, how it's calculated, how it applies to local governments and how local governments can become a [Living Wage Employer](#).

### Podcast: Dr. Mariana Brussoni on the Value of Risky Play

**Recording Online.** [Risky play](#) can be an intimidating concept for parents and caregivers to try to implement with their children. [Dr. Brussoni](#) talks about the value of risky play, parents' anxiety around it, and how to support children in taking part in active free play.

### Webinar Series: Co-Designing the Active City

**Online Recording of Webinar.** This [6-part webinar series](#) from [Participatory Planning](#) provides professionals and decision makers with key tools for planning and developing healthy communities across Canada. Themes include healthy built environments, participatory urban planning, and health equity.

### Course: Ready, Set, Build! Building Affordable Housing in Your Community

**Online with an in-person session in Kelowna on September 10, 2019.** If you are considering building affordable housing in your community, [this BCNPHA course](#) will walk you through the development process. [Registration](#) closes on September 6, with limited capacity.

### Training: Food Skills for Families

**August 20 - 23 (Kamloops) and October 1 - 4 (Richmond).** The BC Center for Disease Control invites you to attend the [Food Skills for Families](#) Train-the-Trainer program. By attending one of these trainings, you will be certified as a Food Skills Facilitator and eligible to lead the five Food Skill's curriculums.

## Funding Opportunities

### Rural Dividend Fund

**Deadline: August 15, 2019.** Local governments, Indigenous communities and organizations, (including not-for-profit) are eligible to apply for funding in [the sixth intake of the BC Rural Dividend program](#). Funding streams include: Community Capacity Building,

Workforce Development, Community and Economic Development, and Business Sector Development.

### **Fresh to You School Fundraiser**

**Deadline: September 21, 2019.** Looking for a healthy school fundraiser option? BC Agriculture in the Classroom is [accepting applications for the Fall 2019 Fresh to You Fundraiser](#) from schools currently enrolled in the [BC School Fruit & Vegetable Nutritional Program](#). Schools can make 40% profit by selling bundles of fresh, local fruit and vegetables to family and friends.

### **UBCM Community to Community (C2C) Forum Grants**

**Deadline: September 13, 2019.** [Applications currently being accepted](#) from local governments (municipalities and regional districts) and/or First Nations (Band or Tribal Councils) to host a C2C Forum between September 20, 2019 and March 31, 2020. These events bring together First Nations and local governments from across BC to discuss common goals and opportunities for joint action.

### **Grant: Local Food Infrastructure Fund – Stream 1**

**Deadline: November 1, 2019.** [This program](#) aims to strengthen food systems to be resilient, integrated and sustainable. It also helps to facilitate access to safe and nutritious food, primarily for the less privileged. The first funding stream funds infrastructure and equipment improvements related to the accessibility of healthy, nutritious and local foods.

### **BC Council for International Cooperation (BCCIC) - Sustainable Development Goals Funding Program**

**Deadline: Open.** This [program](#) provides grants of up to \$100,000 to support projects that advance the [2030 Agenda for Sustainable Development](#) – to eliminate poverty, protect the planet, and ensure prosperity.

### **Microfunding for Cannabis and Vaping Public Education**

**Deadline: Open - first come first serve with limited funding available.** Health Canada is [offering micro-funding](#) (up to \$1,000) for innovative projects that provide education and/or awareness about the health effects of cannabis and/or risks of vaping. Applicants are encouraged to target youth, linguistic minority populations, rural and remote communities, and Indigenous communities.

### **Northern Housing Incentive**

**Deadline: Quarterly - contact NDIIT for more information.** [The Northern Housing Incentive](#) program provides grant funding to local governments to create a “Dollars to Door” program that will enhance and support economic development by incentivizing private sector housing development.

## NDIT Housing Needs Assessment Program

**Deadline: Ongoing.** [The Housing Needs Assessment](#) program provides one-time grant funding to local governments for the development of a comprehensive housing needs assessment.

## Northern Health Stories

**Youth speak out about mental health.** During our recent Youth Mental Health campaign (held on Northern Health's [Facebook](#) and [Instagram](#) accounts), youth and those who care for them followed along and engaged with energy and enthusiasm. We want to share some of the great ways people are taking care of their mental health. [Continue reading...](#)

**Canada's Food Guide: How was it created?** The new [Canada's food guide](#) has been out for six months. Registered dietitians across Northern BC have [shared what they like](#) about the new edition, including the process by which the food guide was revised. [Continue reading...](#)

**Preventing child falls in the home and at play.** Did you know that falls are the leading cause of injury in BC children from birth to 14 years old? I'm a parent and a nurse. Like all parents and caregivers, I want to keep my kids safe while allowing them to have fun and be physically active. [Continue reading...](#)

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

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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? Please email [healthycommunities@northernhealth.ca](mailto: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 Preventive 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](#)

**If you have any questions about our list and your privacy, please call 250-645-6568**

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Next edition to follow in September 2019