

December 15th, 2016

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 are living, working, learning and playing 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.

BC Housing services

BC Housing has many programs available to shelter people, especially important during these cold winter months! Learn about subsidized housing options available in BC, find a shelter or outreach worker and get information about the range of programs and services available in your area. [BC Housing](#) provides services such as emergency shelter maps and programs, drop-in centres, temporary shelters, homeless outreach programs and workers, Aboriginal programs and workers, transition housing for women, rental assistance, shelter aid for elderly renters and more.

Food for Thought

- [2016 BC Child Poverty Report Card](#)
- [Addictions Treatment Helplines in Canada](#)
- [Effective Interventions to Increase Vegetable and Fruit Consumption in School-Aged Children](#)
- [Resources for Healthy Aging](#)
- [2016 Child Health Report](#)

Healthier Communities Resources

Farm to school grant recipients 2016

Farm to Cafeteria Canada has delivered 50 Farm to School grants (valued at approximately 10K each) to schools in BC and ON in order to get more healthy, local foods on the plates of students! Thanks to sponsors and partners with [Farm to Cafeteria Canada](#), at least 19,500 students can feast at school salad bars featuring a variety of produce harvested from school gardens and nearby farms.

Hope for wellness help line for First Nations and Inuit children, youth and young adults

A new national help line has recently been launched by Health Canada to support Canadian First Nations and Inuit communities. The Hope for Wellness Help Line provides immediate, culturally competent telephone-based crisis intervention counselling to First Nations and Inuit people across ages experiencing distress. Callers may ask about the availability of service in English, French, Cree, Ojibway and Inuktitut. Available 24/7, the toll-free phone number for the line is [1-855-242-3310](tel:1-855-242-3310).

Health equity & social determinants of health resources for environmental health practitioners

The BC Centre for Disease Control website has a new section dedicated to [Health Equity and Environmental Health](#). These new pages provide health equity and social determinants of health resources for environmental health practitioners. It is the new online home for the 'Through an Equity Lens: A New Look at Environmental Health project,

and also includes links to external resources. Although this is directed at practitioners in BC, the resources should be relevant across Canada.

Health Canada seeks testimonials for tobacco product warnings

Five years ago, Health Canada updated the original tobacco product warnings by adding personal stories that spoke frankly about the devastating impacts of smoking. Health Canada is committed to driving down smoking rates and preventing youth from beginning to smoke. That's why they are looking for more individuals who would be willing to [share their personal stories](#) about how they have been affected by the negative effects of smoking.

Children and food

The Children and Food Network supports and connects people working on children's food and nutrition initiatives in Canada. We are working to expand and strengthen school food programs across Canada. The Coalition for Healthy School Food and Raising the Bar on School Food Programs project aims to do this. Canada is one of the only Organizations for Economic Co-operation and Development (OECD) countries without federal support for a [school food program](#).

Ten things to know about the Canada pension plan debate

This fall, Canada's [Parliament](#) will debate a recent proposal to expand the Canada Pension Plan (CPP). Indeed, since the 2008-2009 world financial crisis, Canada has witnessed a renewed public debate on the CPP. Two factors have prompted this. First, as a result of the crisis, employer-sponsored pension plans lost substantial value. Second, partly in response to this loss in value, many employers either reduced their pension coverage or stopped offering them to workers altogether. [Ten things to know...](#)

Influenza (flu) season

Flu season generally occurs during the fall, winter and early spring

The flu is an infection of the upper airway caused by an influenza virus. Getting sick with the flu can put you at risk of getting other infections. These concerns include viral or bacterial pneumonia which affect the lungs. The risk of complications, which can be life-threatening, is greater for seniors 65 years and older, very young children, and people who have lung or heart diseases, certain chronic health conditions, or weakened immune systems. Visit [HealthLink BC](#) (*811) for more information. For ideas on how to fight the flu check these [Healthy tips](#)

United Way

United Way is helping Canadians access an affordable, safe and permanent place to live. United Way is also working to provide everyone with access to enough nutritious, affordable and appropriate food. United Way is helping Canadians find meaningful jobs, manage expenses and support their families. [Learn more](#).

Sport is community: Urban Indigenous peoples' meanings of community within sport

Sport and community are often interconnected, yet little is understood about community within the context of sport for Indigenous youth. Understanding community is important to be able to enhance sport opportunities for Indigenous youth. Read the Truth and Reconciliation Commission's summary of their [final report](#).

The lung association's Christmas seal campaign

Seal your commitment to breathing breakthroughs. Ever since they were first used over a century ago to fund previously unheard-of healthcare education and help stamp out tuberculosis, Canadians have loved their annual [Christmas seals](#). Put them on seasonal cards and packages and we will all breathe a sigh of relief.

Healthier Communities Events

Clean air benefits us all

Friday, January 13, 2017 @ 11:59 pm (PST) – Entry deadline

Even small improvements in air quality can have significant positive health impacts. Tell us how you or your family think about air quality for your chance to win! We want to read and share your stories. All submissions will be entered into a random draw for one of two gift cards to the home improvement store of your choice. Enter the [contest](#) today!

ParticipACTION 150 play list

In celebration of Canada's 150th birthday, we're challenging the country to create a list of 150 activities that define us as Canadian. Vote for your favourites and then challenge friends and family to get out and get active in 2017. You could even win great prizes along the way! [Vote today](#)

Canada games activity challenge

February 13th, 2017 – Challenge start date

Join thousands of elementary schools across Canada for the Canada Games Activity Challenge! Easy for teachers, fun for kids, and tons of rewards for everyone. Let's Celebrate Canada's 150th and create daily activity habits for Canadian kids! [Register now](#)

Webinars & Learning Opportunities

Empowering family health workshops coming to the North Cariboo

November 2016 – January 2017

Five workshops on food security in five different rural communities are now being planned. The workshops will be held in Barlow Creek, Bouchie Lake, Kersley, Ten Mile Lake, and Wells. To receive additional information or to be added to the email distribution list, please email empoweringfamilyhealth@gmail.com. For specific dates, details and registration, click [here](#).

IMPACT: Who you are is as important as how - webinar

January 10, 2017 @ 9:00 – 10:00 am (PST)

Join Al Etmanski and Vickie Cammack, social innovation experts, as they explore why your inner well-being affects your actions and behaviour, and how inner peace can give rise to new relationships and lay the groundwork for [systems change](#). This webinar is part of a seven part series. Learn more about upcoming [webinars](#).

Walk or run to a smoke-free life

Run to Quit is an innovative tobacco cessation program where participants learn to walk or run 5 km while receiving practical support on quitting smoking. [Run to Quit](#) combines the expertise of the Canadian Cancer Society with the Running Room's proven learn-to-walk/run training model. For ideas on how to promote Run to Quit to your networks, email Lyz Gilgunn at lgilgunn@bc.cancer.ca Register for the next Virtual Training Program starting in January 2017.

Funding Opportunities

Bike BC funding

December 16th, 2016 - Application deadline

The Ministry of Transportation and Infrastructure is committing \$8 million in BikeBC funding to communities for 2017-18 to enhance and expand cycling infrastructure such as bike lanes, multi-use paths and trails, and cycling/pedestrian bridges. This includes an additional \$2 million recently announced at UBCM. Learn more [here](#). Application forms are available [online](#).

Multicultural grant program

December 18th, 2016 – Application deadline

Multiculturalism Grants support cultural expression and anti-racism programs/projects that raise awareness about or enhance B.C.'s multicultural identity. Not-for-profit societies and community-based organizations are eligible to apply for grants of up to \$5,000 for projects or events that promote B.C.'s rich multicultural heritage. Learn more [here](#).

Community fund for Canada's 150th

Canada will be celebrating its 150th anniversary in the summer of 2017. Eligible applicants 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](#)

Women in sport encouragement (WISE) fund

January 6, 2016 – Application deadline

With support from Sport Canada, Canadian Association for the Advancement of Women and Sport (CAAWS) is able to provide the Women in Sport Encouragement (WISE) Fund to 10 recipients on an annual basis, valued at \$1,000 each. The [annual grant](#) is primarily to support the development of women leaders and support organizations that are currently offering or creating sport programs targeted to girls and women.

Infrastructure planning grant program

January 18th, 2017 – Application deadline

The Infrastructure Planning Grant Program offers [grants](#) to support local government in projects related to the development of sustainable community infrastructure. Grants up to \$10,000 are available to help improve or develop long-term comprehensive plans that include, but are not limited to: capital asset management plans, community energy plans, integrated storm water management plans, water master plans and liquid waste management plans.

Collaboration for health research in Northern BC seed grant program

January 30, 2017 Application deadline

The Provincial Health Services Authority (PHSA), Northern Health (NH) and the University of Northern British Columbia (UNBC) are excited to release a [Request for Applications](#) for a new Seed Grant Program. The goal of this program is to enable researchers at PHSA, NH and UNBC to work in partnership and initiate new research projects that focus on improving the quality of health services and improving population health in northern BC.

Northern Health Blogs

- [A passion for the paddle: Table tennis in Hudson's Hope](#) by: Andrea Palmer (communications)
- [Coming together on the shores of Babine Lake](#) by: Vince Terstappen (communications)
- [Foodie Friday: Give your comfort food a boost!](#) by: Marianne Bloudoff (registered dietitian, Population Health)
- [Foodie Friday: With gratitude to the hunters and the snow...](#) by: Victoria Carter (registered dietitian and lead for engagement and integration, Aboriginal Health)
- [The smoke in our air: Tell us how you contribute to cleaner air for your chance to win!](#) by: Paula Tait (health and resource development technical advisor)

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 e-briefs 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.
- **To unsubscribe**, send a blank email to healthycommunities@northernhealth.ca with "unsubscribe" in the subject line.

If you have any questions about our list and your privacy, please feel free to phone us at: 250.645.6568

*Northern Health's Population Health Team
Centre for Healthy Living
1788 Diefenbaker Drive
Prince George, British Columbia*