

June 2018

Healthier Northern Communities ebrief

The Healthier Northern Communities ebrief is produced by the regional Population Health program (Population and Preventive 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.

Two New Grant Opportunities Available for Local Governments Applications due July 15, 2018



Creating Healthy Places Grant

The Creating Healthy Places Grant will support communities and regions to take multi-sectoral action to explore, learn, and innovate to enhance the built and natural environments. Grants are available for local governments working with other partners (local governments, health authorities, and other community stakeholders) to better understand priority areas and local needs in their community or region. Please see the [Creating Healthy Places Grant Application Guide](#) for more information on this grant, to determine if your community is eligible, and to see available supports and other details.

Community Wellness Strategy Grant

The Community Wellness Strategy Grant supports the creation of a strategy that promotes long-term health and social sustainability for your community. These strategies are long-term plans that integrate a number of areas of local public policy, which might include transportation, land use, recreation, and housing. Grants are available to local governments who, with their partners, are taking proactive measures to address community health and well-being concerns, now and into the future. Please see the [Community Wellness Strategy Grant Application Guide](#) for more details on this opportunity.

Resources

BC Bus North

The provincial government has launched a [bus service](#) for northern BC on a one-year pilot program, replacing most of the routes previously served by Greyhound Canada, whose service ended May 31st. For routes and schedule see the [Government of BC website](#).

bc211.ca

With the goal of strengthening communities by connecting people with the help they need, bc211 is a non-profit organization that specializes in providing free information and referral regarding community, government, and social services in BC. The help line services include 211, the Alcohol and Drug Information and Referral Service, the Problem Gambling Help Line, VictimLink BC, and the Youth Against Violence Line. Connect with [resources](#) in your community.

BC's Approach to Cannabis Legislation

In preparation for the federal government's legalization of non-medical cannabis in late summer 2018, the BC government has made a number of decisions about what our provincial regulatory framework will look like. [Learn more](#) about non-medical cannabis laws and regulations and [read news and updates](#) to find further information on the status of the legalization of cannabis in BC.

Government of Canada Online Portal: Your Cannabis Questions, Answered. Get the Honest Facts.

The Government of Canada has launched an [online portal](#) where the public can find answers to their cannabis-related questions. This includes the health effects, both long and short term, effects on youth, addiction, and impairment.

Improving Quality of Life: Substance Use and Aging

As we recognize BC Seniors Week from June 3-9, 2018 and celebrate older adults, you can learn how to promote safer substance use with this [resource](#) from the Canadian Centre on Substance Abuse.



Municipal Guide to Cannabis Legislation

The Federation of Canadian Municipalities (FCM), in partnership with UBCM has developed a roadmap to support municipalities in protecting health and strengthening their communities during the legalization of cannabis process. Case studies, policy options and sample bylaw language are shared in this [report](#).

Pot and Driving Campaign

The Canadian Public Health Association has re-launched an updated version their [Pot and Driving campaign](#), which incorporates information on current impaired-driving laws and legislation being proposed to strengthen those laws as cannabis legalization nears. The main objective remains unchanged: to raise awareness of the risks associated with cannabis-impaired driving and includes a discussion guide with FAQ for teenagers.

Review of Workplace Substance Use Policies in Canada

Concerns surrounding the regulation and legalization of cannabis in Canada have prompted employers and other stakeholders to consider how best to address substance use in their workplace policies and practices. The Canadian Centre on Substance Use and Addiction have created a [report](#) to highlight the strengths, gaps and key considerations of workplace substance use policies. See page 57 for the spotlight on concerns about the potential impact of cannabis legalization and regulation.

Prevention in Hand: Empowering Canadians to take hold of their health

The Prevention in Hand (PIH) initiative launched in 2014 as a result of a partnership between the College of Family Physicians of Canada (CFPC) and the Public Health Agency of Canada (PHAC). PIH's user-friendly website and mobile application provide valuable health care resources to help health professionals and the public quickly and easily access current and accurate information about the prevention of chronic diseases. [Learn more about the program here.](#)

Choose to Move and ActivAge

Are you looking for physical activity options for inactive older adults? BCRPA in partnership with the Centre for Hip Health and Mobility are implementing two province-wide programs, **Choose to Move** and **ActivAge**, to increase physical activity and social connectedness among inactive and isolated older adults. Choose to Move and ActivAge are run through community centres across BC, and are free for anyone 65 years and older who is inactive and interested in becoming more active. Both programs are funded through the BC Ministry of Health, and over the next three years will be expanding to new communities. If you are interested

in learning more about having Choose to Move and ActivAge in your local recreation department, visit [BCRPA's web page](#) to learn more.

Spinal Cord Injury BC's Resource Centre

This online resource provides a hub of different resources related to living with a spinal cord injury, or a related disability, in British Columbia. The Information Database contains information related to advocacy, accessible housing, government benefits, equipment, transportation, accessible recreation options, sexual health and hundreds of other resources. For more information on the services and resources provided, see the [Resource Centre web page](#).

Community Events

Parachute Canada: Safe Kids Week

June 4-10, 2018

This is an annual campaign designed to raise public awareness of child safety issues, encouraging community involvement as part of the solution. This year's messaging will focus on the topic of Concussion on the road, at home and at play. Please visit [Parachute Canada- Safe Kids Week 2018](#) for great resources and to find out how your local school, health unit or community organizations can participate.

2018 Prince George Air Improvement Roundtable's (PGAIR) North Central BC Clean Air Forum

June 4-5, 2018

Prince George, BC

PGAIR will be hosting its second North Central BC Clean Air Forum. The theme for this year's forum is *Community Tools for Change*. The forum is designed to bring together air quality managers, health professionals, policy and decision makers and community members from all over British Columbia, especially those in small to mid-sized communities in the central and northern interior, and will provide the opportunity for meaningful discussion about air quality challenges facing communities today, along with policy, education or regulatory mechanisms to apply toward lasting solutions. More information and tickets are available at the [PGAIR Website](#).

Ride Don't Hide

June 24, 2018

Canadian Mental Health Association's annual Ride Don't Hide event will take place on Sunday June 24. When we hide, mental health stays hidden. When we ride, we create change. This is a family friendly event suitable for all riders, with a choice of distances ranging from 6-50km. Register to ride in [Prince George](#) or [Ride Don't Hide Anywhere](#), as a virtual rider. A [Ride Don't Hide School Kit](#) is also available for schools that want to bring awareness to youth about mental health and the stigma surrounding mental illness

Funding Opportunities

New Horizons for Seniors Program (NHSP)

Deadline June 15, 2018

The NHSP is currently accepting funding applications for community-based projects for up to a maximum of \$25,000. Projects must be led by seniors or seniors must play a meaningful role in the project (planning or delivery). Applicants are encouraged to work with other partners in their community to identify local needs. [Learn more about the funding criteria and access the application here](#).

Physical Literacy for Communities

[Prince George is one of 9 BC communities](#) selected to receive funding for the [Physical Literacy for Communities – British Columbia Initiative](#). The goal is to unite the five key community sectors of recreation,

education, health, sport, and media to improve the quality of physical, cultural, intellectual, social, and mental health in Canada. This initiative provides targeted funding over a two-year period, along with mentorship and support toward the collaborative design and multi-sector development of physical literacy. Nine communities/regions were selected to begin in 2018, and **an additional eight will be selected to begin in 2019**; start your planning now so you're ready for the call for applications!

Learning Opportunities

Webinar- Building Community Into Neighbourhoods

June 21, 2018 12-1 pm EDT

This webinar will feature two top thought leaders in community building and engagement- Jim Diers, author of *Neighbor Power: Building Community the Seattle Way*, and Paul Born, author of *Deepening Community*, in discussion on how we bring "community" back into neighbourhoods and create more vibrant community connections in the places we live. [See here for more information and to register.](#)

Public Health Association of BC (PHABC) Summer School 2018

July 5 & 6, 2018 UVic, UBC, UBCO, UHNBC

The theme for the 9th Annual PHABC Summer School is *The Public Health Approach: Building Safe and Inclusive Communities*. This 2 day summer school is a unique collaboration of key note presentation, case studies and hands-on workshops that will explore safe and inclusive communities: how to build them, what they look like and how the public health force can foster safe and inclusive environments. See the [PHABC website](#) for more information and to register.

Indigenous Public Health Training

UBC Faculty of Medicine

The [Indigenous Public Health Training](#) Institutes will equip Indigenous community members and scholars with necessary skills to address public health issues in Indigenous communities. One-week intensive courses can be put towards the Graduate Certificate or Certificate (non-credit) or taken individually. To be notified when Winter Institute 2019 applications open please email indigenous.health@ubc.ca and request to be added to a notification list.

For your Information

- As weather improves, thousands of BC roadside workers are depending on drivers to keep control of their vehicle in a [Cone Zone](#). Slow down to posted speed limits and pay attention.
- The City of Prince George recently released a list of [options for accessible walking trails and tracks in the City](#). Does your community have a similar list? Let us know – we'd love to help spread the word. Email us at physical.activity@northernhealth.ca. (or healthy.communities@northernhealth.ca).
- Did you know? Playing multiple sports is better for kids than specializing in one sport alone. Check out the facts and [watch the video](#) featuring sports stars telling us why we need to [Change It Up](#).
- Check out inaugural edition of the [Cities Reducing Poverty Policy Digest](#). The Digest aims to provide timely poverty-related policy updates and resources from across Canada.

Northern Health Blogs

- [World No Tobacco Day: five facts you need to know](#); by Nancy Viney
- [Feel like you're losing your best friend?](#) by Nancy Viney
- [Occupational Therapist on Board: the 2018 Cassiar Travelling Road Show](#); by Catherine Lloyd
- [Cycling in the north: a Warrior's perspective](#); by Haylee Seiter

- [Foundry: Changing how youth access health and wellness](#); by Robbie Pozer
- [From Prince George to Paris; how I learned to love commuting via bike](#); by Haylee Seiter
- [Supporting each other](#): mother-to-mother support for breastfeeding; by Lise Luppens
- [Four benefits of riding your bike now](#); by Gloria Fox
- [International No-Diet Day](#): say good-bye to diet; by Flo Sheppard
- [Happy Retirement](#) to Ft Nelson Head Nurse, Betty Asher; by Tamara Reichert
- [Bike Season is here](#): Bike to School and Work Week 2018; by Taylor Endean
- [Happy Anniversary](#): 2 years since Prince George smoke and vape bylaw By: Nancy Viney

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>

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250.645.6568**

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

Next edition to follow in July 2018