

April 28th, 2016

Healthier Northern Communities ebrief

Carrot Rewards - Canada's First Wellness Rewards Program Launches in B.C.

British Columbia residents who are making an effort to lead healthier lifestyles can now be rewarded with loyalty points such as Aeroplan, PetroPoints, Scene and MoreRewards, thanks to an innovative new mobile app called Carrot Rewards. It provides users with incentives to increase physical activity, eat better and quit smoking, with the goal of encouraging healthy lifestyle habits that help reduce the risks of developing a chronic disease. [Learn more](#)

Food for Thought

The Power of Ayaawx and Returning to Our Ancestral Principles

By Patricia Vickers, FNHA Director of Mental Wellness - Community Health and Wellness Services

Eight years ago, I experienced one of many, out-of-the-blue awakenings that have come my way since intentionally studying the transformational aspects of ancestral teachings. I was in my birth town of Prince Rupert, researching the transformative teachings of the Ayaawx - ancestral law, defined as law in the spiritual sense that if one is disrespectful, they will cause suffering - for every action there is a reaction.

[Read the full article](#)

Biobank Project Launches in the North

The Northern Biobank Initiative Phase 2 is the first of its kind in British Columbia. It will enable Northern BC to better contribute to large-scale provincial and national research by helping to understand the demographic and genetic makeup of different populations throughout the province. Initial areas of focus will likely include colorectal, breast and thyroid cancer with the capability to add other complex diseases.

[Read the full article](#)

Nations Guide Regional Data Governance

Over February and March, First Nations communities gathered in each of the five regions to talk data governance, discussing how data and information can support decision-making in Nation rebuilding and community development. FNHA received guidance on ethical standards for information gathering, as well as how to measure strengths-based indicators of wellness that are grounded in culture, tradition, and community life. [Health Information Governance](#)

"Nothing About Us Without Us" - Dr. Evan Adams at the 2016 BC Quality Forum

Dr. Evan Adams, FNHA Chief Medical Officer delivered a *Health Talks* presentation on how the BC health system can provide better care for all residents. For First Nations people, that means respecting and acknowledging cultures, beliefs, and autonomy. "Audience members were left speechless by the power of his message." [Watch it now](#)

Sharing Our Stories

Read about several inspiring northern stories of strength and wellness in the First Nations Health Authority. [Sharing Our Stories](#)

Healthier Communities Resources

Vibrancy and Vibe: The Importance of Downtown Revitalization

Communities across northern BC are looking to develop strategies to bring in new workers to fill vacancies. They want to create a downtown core that will help attract young people. One such community is Fort St. John. Mayor Ackerman was a speaker for the CDI Community Speakers Series last Spring in Prince George. Her presentation is available on You Tube [here](#). The City of Fort St. John's Downtown Revitalization Plan can be found [here](#). If your community would like to share ideas, please submit a write-up to [Marli Bodhi](#).

Fossil Fuel Extraction in Western Canada

UNBC Economic Professors Dr. Fiona MacPhail and Dr. Paul Bowles are part of a team of 28 academic researchers examining the corporate and community dimensions of fossil fuel extraction in Western Canada. Dr. MacPhail and Dr. Bowles are working on the six-year project titled, *Mapping the Power of the Carbon-Extractive Corporate Resource Sector*. A specific area of the research will be on the meaning of social license from the perspectives of people affected by the extraction of carbon resources. [read more >>](#)

How Small Towns and Cities Can Use Local Assets to Rebuild Their Economies

Communities of various sizes facing a diversity of challenges can successfully retool their economies to fit the changing economic climate. This report presents case studies of small towns and cities in the US that have successfully revitalized their economies. The case studies illustrate specific tactics and strategies that have been used and emphasizes that no two communities are the same. [read more >>](#)

The Value of Investing in Canadian Downtowns

Every downtown is unique and can play multiple roles in its community. The Canadian Urban Institute partnered with the International Downtown Association to carry out a review of 10 Canadian downtowns to identify what makes a great Canadian downtown and showcase excellent and innovative approaches to downtown revitalization. [read the report](#)

CSN Resource Guide: Preventing Unintentional Medication Poisoning in Children

In 2012, over 55,000 children aged 0 through 4 were treated and released from U.S. emergency rooms for medication poisoning. Nearly all emergency department visits to young children (95%) are a result of unsupervised children getting into medication; only five percent of these visits were due to errors on the part of the caregiver. This resource guide provides links to organizations, programs, publications, and resources focused on medication safety. [Resource Guide 2016](#)

Rail Safety Week 2016

April 25th to May 1st, 2016

Trespassing on railway tracks is the leading cause of rail-related deaths in Canada. By definition, trespassing on railway property is illegal. If you would like to support Rail safety, visit Operation Lifesaver as they raise awareness and provide safety information during Rail Safety Week. Visit their website for tools, infographics, and a social media guide. [Campaign Details](#)

Influencing the Development of Healthy Public Policy: A Framework for Knowledge Mobilization

Public health workers may experience barriers to using evidence to inform public policy development, such

as not understanding policy processes. Policy makers also experience barriers when research is perceived as not relevant to the issue, or when it is difficult to translate knowledge into action. Ultimately these barriers can lead to the underuse of evidence that could affect policy decisions in important ways. [read more >>](#)

Let's get Social! Using Social Media to Build and Maintain Active Living Communities

Social media is a unique form of communication, as it has the potential to reach a large audience, allows for two-way communication and fosters brand personality, awareness and recognition. This article will provide an overview of factors to consider when using social media to promote active living and build communities in the field. [read more >>](#)

BC vs. Manitoba: The Hands-on Cook-off Contest goes National!

May 20th, 2016 - Deadline for Submissions

Simply create a home video cooking show. As in recent years, there are two entry categories, the Multigenerational category and the Youth category. Videos must include two or more people cooking together and be no longer than three minutes. Full contest details, can be found on the [contest website](#). You can help us [spread the word](#).

Planning a Practice: Three simple Components

With so many activities to choose from, it can be hard when deciding which ones to incorporate for practices. Coaching Association of Canada provides three simple components to ensure your athletes get the most out of practice. [read more>>](#)

Expressions of Interest Sought for Affordable Rental Housing

The B.C. government has issued a call for Expressions of Interest (EOI) to partner with municipalities, non-profit housing providers, community groups and the private sector to facilitate the creation of affordable rental housing for low-to moderate-income households in communities across British Columbia. [read more](#)

Youth Injury Prevention Resource Toolkit

This resource is a one-stop archive compiling injury prevention programs, activities and information resources that are available for youth. Included for each resource in the toolkit is a brief overview of the resource, its target audience, delivery method, duration, outcomes, evaluation (if available) and link to the resource. To view the toolkit go to: [Injury Prevention Centre](#)

NCCMT Spotlight on Methods & Tools: Program Evaluation Toolkit

May 11th, 11:00 am to 12:30pm (PDT)

Looking for tools to support program evaluation? The Program evaluation toolkit developed by the Ontario Centre of Excellence for Child and Youth Mental Health outlines a three-phase process to apply to program evaluation. It contains useful lists, steps and templates for developing a logic model and final report. This toolkit can be used by anyone involved in planning and conducting program evaluation, accessing data sources and analysing data on an ongoing basis. To register [HEALTH EVIDENCE WebEx Enterprise Site](#)

New Study: Regional Patterns in Young Driver and Motorcyclist Collision Deaths in British Columbia, 2004 to 2012

Motor vehicle collisions are a significant public health concern. Despite an encouraging downward trend in the number of young driver deaths in recent years, young drivers in BC still have the highest fatality rate per driver in the population. A better understanding of why crashes occur is needed to further reduce the young driver death rate. For more information: [Children's Safety Network](#)

Webinars & Learning Opportunities

Downtown and Business District Market Analysis: Tools to Create Economically Vibrant Commercial Districts in Small Cities

The toolkit introduces and guides users through many techniques used in analyzing specific development opportunities for a downtown area. In addition, the toolkit provides a step-by-step process for understanding the market, analysis of opportunities by sector, and putting the research to work in your community. This is a great resource for anyone wanting to learn how to employ a market analysis for their downtown area. [read more >>](#)

Revitalizing Small Market Downtown Retail: A Canadian Stakeholder's Tool Kit

This workbook sheds light on the retail development process and how small market business leaders, landlords, brokers and civic staff can better prepare themselves to identify retail gaps and improve downtown areas. In addition, a section on revitalization and the key values to watch for in the downtown core is presented and complemented with examples on successful revitalization efforts. [read more >>](#)

Communication Planning for Small Communities Webinar

Wednesday, May 25th, 2016 from 10:00 am to 12:00 pm (PDT)

Need to spread the word about your programs and services "off the side of your desk?" Designed for local government professionals and project managers working in small communities without dedicated communications staff, this interactive webinar will show you how to create a basic communication plan to maximize your resources in six simple steps. Participants will receive a complimentary copy of the new e-book "Small Town PR Playbook". *Deadline for registration is May 24, 2016.* [read more »](#)

Tea & Talk Session

Wednesday, May 25th, 2016 from 2:30 to 3:30 pm (PDT) via Telehealth

Tea and Talk sessions are held to share information about Perinatal Services BC initiatives of interest to our provincial partners. The topic of the next session is, 'Strong Aboriginal Women and Babies: Sharing our Teachings through Maternal Supports and Resources'. If you wish to participate, please check with the Telehealth contact at your site and RSVP to kkuhlman@phsa.ca by Friday, May 13th. The session will be recorded and posted on our website. View past sessions at: [Tea & Talk](#)

Conferences & Gatherings

2016 Physical Activity Forum: Sweat is the Best Antidepressant – Where do we go from here?

May 17th (Calgary) & May 18th (Edmonton)

There is consistent evidence that physical activity prevents the onset of depression and that physical activity interventions reduce depression. You don't want to miss Dr. Guy Faulkner's presentation at this year's forum! Dr. Faulkner is a Canadian Institute of Health Research-Public Health Agency of Canada (CIHR-PHAC) Chair in Applied Public Health, as well as a Professor in the School of Kinesiology at the University of British Columbia. [Sign up today!](#)

Children & Nature Network 2016 International Conference and Cities & Nature Summit

May 24th to 27th, 2016 - Saint Paul River Centre Saint Paul, MN

Innovation, collaboration & commitment are the key ingredients for meaningful grassroots change. Join leaders from around the world to learn, connect & build the future of the children and nature movement. [Register Now!](#)

Welcoming First Nations, Metis and Inuit peoples on the cancer journey to tell their story

June 6th to 7th, 2016 (Prince George) Registration Deadline: May 11th, 2016

Travel, accommodation, and meals are provided for First Nations, Metis, and Inuit peoples on the cancer journey, survivors, and an accompanying family member or care-giver. Only 75 registration spots are available - complete your online registration early! [Register here](#)

Funding Opportunities

School District Readiness Grants Available

Grant applications are due by May 6th, 2016

Healthy Schools BC is excited to share that School District Readiness Grants are now available! The goal of the Healthy Schools BC School District Readiness Grant is to support school districts to identify and address priorities for healthy schools through strengthening and shaping partnerships with health sector partners.

[Click here](#) to learn more.

School District Readiness Grants

Grant applications are due May 6th, 2016

All of the grant information can be found on the [Healthy Schools BC](#) website. We would like to invite Health Authority contacts to support the review process of grants in their region. More details about this will be shared at the Health Authority Project Team meeting on Thursday April 7, 2016. We are more than happy to work with you to support applications in your region. Any questions about these grants can be directed to grants@healthyschoolsbc.ca.

Community to Community Forum

Applications are due by May 13th, 2016

You may be interested to know that a new round of Regional Community to Community Forum funding is now open for applications. A Community to Community (C2C) Forum brings together First Nation and local government elected officials, and other community leaders and members, to discuss common goals and pursue opportunities for joint action. Applicants are eligible for up to \$5,000 in matching funds and approved forum events must take place before March 31, 2017. The Program & Application Guide and Application Form are now available on the UBCM website: [UBCM | Community to Community Forum](#)

Know Someone Who is Expecting? Doula Grants Still Available!

Funding is still available to support families to pay for prenatal, birth and post-partum doula services in BC! The FNHA and BC Association of Friendship Centres doula grant initiative has supported over a hundred mothers since its launch in September of 2015. This funding is available for mothers and families, regardless of their location in the province. [Doula Initiative Contact Information](#)

Grants Help Girls and Women get Active

The Province is encouraging more British Columbians to get active with program grants in two areas: those that develop accessible sport in rural communities and those specifically promoting active and healthy lifestyles for girls and women. [Apply>>](#)

BC Ferries Sport Experience Program

Through the BC Ferries Sport Experience Program, BC Ferries and viaSport provide travel support to eligible not-for-profit sport organizations and athletes. Vouchers may be used by athletes traveling to compete in international events, national championships, western Canadian championships, provincial championships or selection camps (does not include pre-season, tournaments, regular season league or event play).

[Apply>>](#)

Coaches BC Legacy Grants

Deadline: May 10th, 2016

The Coaches BC Legacy Fund was set up in 2013 with the goal of encouraging more community level coaches to become involved, to further their education, and to receive training and/or certification. As a result, four coach grant categories have been created to assist provincial sport organizations, community clubs and coach developers. [Apply>>](#)

Level the Field Inspiring Change Grant

Deadline: April 30th, 2016

The Level the Field Gender Equity campaign aims to increase awareness about the barriers of women and girls participating in recreational and organized sport. In February and March 2016, viaSport and five Regional Alliance partners offered workshops across BC on issues surrounding gender equity in sport. Participants of these workshops are provided the opportunity to apply for the Inspiring Change Gender Equity Grant. [Apply>>](#)

New Relationship Trust Announces 2016-2017 Scholarships & Bursaries

Application Deadline: June 9th, 2016

The New Relationship Trust Foundation has announced their Scholarships and Bursaries for 2016-2017 are now available to First Nations students in BC! FNHA is pleased to contribute to the NRT scholarship and bursary program for students in the health field. [Apply>>](#)

For more opportunities check out:

[Community Grants: Information for northern communities and partners](#)

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>

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