

February 25th, 2016

Healthier Northern Communities ebrief

Hello Everyone,

IMAGINE Community Grants

Deadline: Monday, February 29th, 2016

Grants are open to *all community partners* across the Northern Health region, with great ideas for health promotion, chronic disease or injury prevention projects. For more information and to access the application guide and form, please check out our IMAGINE Grants webpage:

<https://northernhealth.ca/yourhealth/healthylivingcommunities/imaginegrants.aspx>

Food for Thought

Healthy Eating & Food Security

- [Emma's Acres: An Innovative Approach to Stewarding the Land in the Fraser Valley](#)
- [Visitors to Edmonton's Food Bank up 60% | Edmonton Sun](#)
- [Backyard Chicken Plans Plucked | PG Citizen](#)
- [Backyard Chickens in Prince George Won't Fly: Council | CBC News](#)

Injury Prevention

- [Most Lethal Foreign Bodies - Be Smart, Don't Choke](#)
- [1 Photo, 6 Words. #VetoViolence: Suicide Prevention - YouTube](#)
- [Dr. Ian Pike Talks Tips for Fall Prevention \(Video\)](#)
- [Concussion Among Children & Youth: Northern Health Authority | BC Injury Research and Prevention Unit](#)

Active Living

- [Physical Activity Eases Impact of Bullying in Teens | Medscape](#)
- [Kids react to the 'lonely balls' ad | ParticipACTION](#)
- [24 Ways Every Child Should Play Before Age 12 | CBC Parents](#)

Tobacco Reduction

- [Stop Smoking for Safer Surgery | Canadian Anesthesiologists' Society](#)
- [Stop Smoking Before Surgery | QuitNow](#)

General Health and Wellness

- [Health and Wellness Quiz | Healthy Families BC](#)
- [Do More Screening Tests Lead to Better Health? | Dr. Mike Evans](#)
- [Let's Talk: Moving Upstream | National Collaborating Centre for Determinants of Health](#)

How Quickly and Silently Children Can Drown Inside the Home

Every year, nearly 90 children drown inside the home, and two-thirds of these deaths occur in the bathtub. A child can drown in as little as two inches of water, and it happens quickly and silently. Every one of these tragedies is preventable. This PSA demonstrates the importance of constant supervision.

[Videos | CPSC.gov](#)

The Canadian Community Economic Development Network

The Canadian Community Economic Development Network (CCEDNet) is a national association of community-based organizations. Community Economic Development is proven to build wealth, create jobs, foster innovation and productivity, and improve social well-being. [Learn More](#)

Northern Housing Networks: Building Collaborative Efforts to Address Housing and Homelessness in Remote Canadian Aboriginal Communities

Canada's northern and remote regions experience unique challenges related to housing and homelessness. In an effort to understand and develop strategies to address housing-related concerns in the north, this article examines the experiences of a Northern Canadian housing and homelessness network. Strategies for successful collaborative approaches aimed at implementing programs to address homelessness are presented. [Journal of Rural and Community Development](#)

Aging-in-Place in a Mid-size Canadian City | Journal of Rural and Community Development

Kelowna, a mid-size city in the interior of British Columbia, is one of the fastest growing cities in Canada with one of the most expensive real estate markets. This study focuses on the main housing barriers seniors face, their coping strategies, and the benefits of aging-in-place. [Read the Article](#)

BC Seniors' Guide – 11th Edition

As the population of British Columbia continues to grow, and grow older, we need to support seniors to be as healthy and as independent as possible. We know that older adults prefer to age in their own homes and communities, and may need access to appropriate services and supports in order to do so. Access the new [Seniors' Guide](#).

Unspoken Thoughts and Hidden Facts: A Snapshot of BC Youth's Mental Health

A report created by Youth Researchers to promote positive mental health. The vision of this project is to promote positive mental health through up-to-date and accurate data. Our aim, as youth researchers, is to acknowledge and not ignore mental illness, encourage youth to speak up about mental health, know they are not alone and know they can get help. We want this report to be used to repaint the picture of mental health for youth in BC. [Unspoken Thoughts and Hidden Facts Report](#)

Study Links Concussion to Higher Risk of Later Suicide

Average people who suffer a concussion may be three times more likely to commit suicide years after their brain injury, a new Canadian study suggests. Based on these results, loved ones and physicians should keep a close eye on anyone who has had a concussion, even if the head injury happened years ago. Read the summary at: [healthfinder](#)

Tools of Change

Based in Ontario, this website provides over 150 case studies of communities who have used social

marketing to become healthier, safer and more sustainable. The examples provide information on program planning, evaluation and contact information. The issues addressed include transportation, active living, nutrition, and bullying prevention. [Tools of Change](#)

Webinars & Learning Opportunities

Young People, Socio-Economic Processes, and Youth Mental Health Promotion

March 17, 2016 at 10:00 am (PST)

The webinar will share research findings as the result of engaging with 30 young people between 15 and 28 years of age to explore their experiences of the inter-relationship between their socio-economic environments and their mental health and their processes of seeking to realize their mental health.

[Register for the webinar](#)

Webinar: Addressing Poisoning in Children

March 16, 2016 from 11:00 – 11:45 am (PST)

Poison Awareness Week is from March 20-26, 2016. Unintentional poisoning is one of the leading causes of injury among children. It is estimated that seven children age 14 years and under die every year in Canada from poisoning. Preventing unintentional poisoning is crucial. To sign up for the webinar, [email this registration form](#) to info@skprevention.ca or fax it to: 306-651-4301.

Conferences & Gatherings

Join this Walk with Me: Changing the Culture in Canada

March 10 & 11, 2016 in Edmonton, AB

This will be Canada's 2nd national conference on culture change. It will bring together older adults/residents, caregivers, educators, policy makers, students and researchers from all over the country to learn with and from each other about how to enhance the journey of aging across the continuum of care. [Learn More](#)

Cities Reducing Poverty: When Mayors Lead

Vibrant Communities National Gathering

April 5-7, 2016, Edmonton, AB

Citizens and their Mayors in both big and small cities are making poverty reduction a priority and just about every progressive city council in Canada is working on or is planning some form of a poverty reduction strategy. Learn more about this gathering:

[Cities Reducing Poverty: When Mayors Lead](#)

Association for Nonprofit and Social Economy Research (ANSER) Conference 2016

June 1-3, 2016 in Calgary, AB

ANSER is a Canadian association working to foster a collaborative community of scholars and researchers, as well as to develop a Canadian body of knowledge that encompasses economic development. [Learn more about the Conference](#)

BCFSN Annual Gathering – SAVE THE DATE!

July 15-17, 2016 in Sylx Territory, at the En'owkin Centre in Penticton, BC

More details will follow soon.

Are you interested in volunteering? Please get in touch with gathering@bcfsn.org

Funding Opportunities

IMAGINE Community Grants NOW AVAILABLE!

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Healthy Communities Capacity Building Grants: Round Three (plan h)

Deadline for Expressions of Interest: February 29, 2016 by noon (PST)

This is a call for expressions of interest from local governments in BC who are leading the way in creating the conditions that enable healthy people and healthy places – in partnership with regional health authorities and other key community stakeholders.

Learn more: [Healthy Communities Capacity Building Fund – Round Three | PlanH](#)

BC Rehab Foundation Project Grant Program

Ongoing – Next application deadline is Wednesday, March 2, 2016

The BC Rehab Project Grant program helps to create opportunities for the full participation of people with physical disabilities. BC Rehab is committed to equal opportunities and improving community accessibility throughout the province. Projects are encouraged that involve multiple community partners, promote universal access, have clearly defined objectives and demonstrate community support. [Learn more about this program and apply.](#)

National Farm to School Grant Program

Deadline for application and supporting materials is Tuesday, March 15, 2016

Farm to Cafeteria Canada, the Whole Kids Foundation, the Social Planning and Research Council of BC, the Public Health Association of BC/Farm to School BC, and Sustain Ontario/Ontario Edible Education Network are pleased to announce a new Farm to School grant program that will deliver \$500,000 to schools in Ontario and British Columbia. These grants valued at up to \$10,000 will support bringing the local harvest to schools – engaging students and community in gardening, cooking, preserving, purchasing and serving healthy local foods in a salad bar service at school. This funding is available for rural and urban, elementary, middle or secondary schools in Ontario and in British Columbia. We encourage First Nations, private and public schools to apply.

- [The Grant Guidelines](#)
- [The Grant Application Package](#)

Toyota Evergreen Learning Grounds School Ground Greening Grants

Spring applications: due on Monday, March 28th, 2016

This granting program helps schools create outdoor classrooms to provide students with a healthy place to play, learn and develop a genuine respect for nature. Grants of up to \$3,500 are available for public schools and daycares located on school Board/District property. Learn More: [Toyota Evergreen Learning Grounds School Ground Greening Grants | Evergreen](#)

Social Sciences and Humanities Research Council: Connection Grants

Next Deadline: May 1, 2016 (ongoing intake throughout the year with four funding cycles)

Connection Grants support events and outreach activities geared toward short-term, targeted knowledge-mobilization initiatives. These events represent opportunities to exchange knowledge and to engage in research issues of value to those participating. Learn More: [Connection Grants](#)

All month long, the Northern Health Matters blog has featured stories about how you can invest in healthy aging.

Learn how to make investments in your body, mind, and relationships at:

<http://blog.northernhealth.ca/tag/invest-in-your-health/>

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: 250.649.6568

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