

January 27th, 2016

Healthier Northern Communities ebrief

Hello Everyone,

IMAGINE Community Grants NOW AVAILABLE!

Grants are open to *all community partners* across the Northern Health region, with great ideas for health promotion, chronic disease or injury prevention projects. We will be accepting applications for this next cycle until Monday February 29th. Grant applications will be reviewed following the deadline and successful candidates will notified the week of March 7th.

- New to IMAGINE Community Grants will be multiple cycles per year!
- The next cycle of IMAGINE grants will be released in early fall 2016.

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>

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Food for Thought

Healthy Eating & Food Security

- [Rising sea otter population signals major ecological changes | The PEAK](#)
- [Organic food security for PG with a root cellar | Indiegogo](#)
- [An interview with Rob Greenfield, Dude Making a Difference | Vancouver Observer](#)
- [How to eat healthy - and on budget - despite soaring food costs | CBC News](#)
- [Okanagan farmer wants valley entirely organic to protect honey bees | Global News BC](#)

Injury Prevention

- [Finding Balance BC – BC Fall & Injury Prevention Coalition](#)
- [Safe Kids Week 2016 Save the Dates – May 30-June 5, 2016!](#)
- [Bubble trouble: Water pipe use a growing concern | Prevention Hub Canada](#)
- [Alcohol & Youth: Resources for Parents \(ON\)](#)

Active Living

- [Progressive resistance strength training for improving physical function in older adults | Cochrane](#)
- [Actions to Increase my Physical Activity | PAL](#)
- [Exercise is Power: Resistance Training for Older Adults \(A Guide for Health Professionals\) - YouTube](#)
- [Exercise & Physical Activity \(Go4Life - US\)](#)
- [Strength exercises - Live Well - NHS Choices](#)
- [7 tips for a safe and successful strength-training program - Harvard Health](#)

Tobacco Reduction

- [Quitting? Head to your pharmacy for free help, more choices | BC Gov News](#)
- [Why is it so hard to quit?](#)
- [Quitting smoking doesn't have to mean big weight gain - Harvard Health Blog](#)

General Health and Wellness

- [Aboriginal Health: Northern Health Updates, Winter 2016](#)
- [Why are the early years important? - YouTube](#)
- [Social Media and Youth Mental Health | Prevention Hub Canada](#)
- [Towards a Healthier Canada - 2015 Progress Report](#)
- [Monitoring positive mental health and its determinants in Canada | Research, Policy and Practice - PHAC](#)
- [Mapping Assets: You, Your Community and Your Neighbourhood | Deepening Community](#)

Healthier Communities Resources

Walkable Winter Cities

Living in northern BC we often here the complaint, “it is too cold to walk here”! This article takes on the subject of livability in northern climates and the many opportunities that be explored.

Read: [Walkable Winter Cities | PlaceMakers](#)

Active People, Active Places: BC's Physical Activity Strategy

This strategy continues to build on the earlier work of ActNow BC and the keen attention on improving physical activity among British Columbians. The strategy has been designed to guide and stimulate co-ordinated practices and programs in physical activity that will improve the health and wellness of all of us in the communities where we live, learn, work and play. [Read the Strategy](#)

Burn Awareness Week: January 31 – February 6, 2016

Sunday, January 31 kicks off Burn Awareness Week. Many adults realize the importance of keeping children away from hot objects like the stove. Fewer are aware that hot liquids are just as dangerous.

The skin of a child is much thinner than that of an adult. Significant burns and scalds take less time and happen at lower temperatures in children. It only takes a second for a scald or burn to change a life forever. Learn to take actions that will help prevent a scale or burn and keep your children and children in your care safe.

Visit the [BC Professional Firefighters' Burn Fund site](#) and the [Parachute site](#) for more information and resources.

Community & Commerce: A Survey of Aboriginal Economic Development Corporations

This report presents the results of a survey of Aboriginal small-business owners and highlights specific case studies, discusses challenges and strategies for success.

[Read the Report - Community and Commerce](#)

Struggling with New Regionalism: Government Trumps Governance in Northern British Columbia, Canada

This paper examines the community and economic transition strategies developed by the Cariboo-Chilcotin Beetle Action Coalition (C-CBAC) to deal with long-term economic restructuring through applying a new lens. [Access the Article](#)

Learning Opportunities

Pro Walk/Pro Bike/Pro Place: Moving Towards a Healthier World

September 12-15, 2016 in Vancouver BC

Proposal Submission – due January 29, 2016 8pm (EST)

This conference draws a wide range of professionals who hold that more and better walking and bicycling improves quality of life and builds *places*. An international audience of urban planners, transportation designers and engineers, citizen advocates, placemakers, entrepreneurs, developers, elected officials, health professionals and other will gather in Vancouver to hear the latest case studies, design standards, and research and will exchange best practices with their peers. If you are interested in submitting a proposal for inclusion in the conference learn more:

[A Call for Proposals – Pro Walk / Pro Bike / Pro Place 2016](#)

CATT: Concussion Awareness Training Tool

Tuesday, February 2, 2016 from 9:30-10:30 am (PST)

Join this Injury Prevention Centre webinar featuring Dr. Sheila Babul, Associate Director / Sports Injury Specialist with the BC Injury Research and Prevention Unit to learn about the CATT, which aims to standardize concussion recognition, treatment and management.

Register at: [CATT, Concussion Awareness Training Tool Registration | Eventbrite](#)

Built for Walking: Safe Environments and Active School Transportation (AST)

Wednesday, February 3, 2016, 8:00–9:30 am (PST)

In 2011, 65 children died and over 9000 were injured on Canada's roads. This webinar will examine the effectiveness of a variety of built environment interventions related to traffic and what is essential to prevent pedestrian injuries and fatalities. Much of children's exposure to traffic as pedestrians is during school travel. While walking to school is encouraged and benefits overall health, it may also increase collision risk.

Learn more and Register: [Built for Walking: Safe Environments and Active School Transportation \(AST\)](#)

Citizen Series Webinar #1 for 2016

Nothing About Us Without Us: Practices and Tools to Build Community Engagement and Participation

Thursday, February 4, 2016

1:30-3:30 PM (PST)

Engaging community members in the planning and development of healthier communities can be at once the most difficult and most rewarding thing to accomplish. Join us for this session on the promises and perils of community engagement, practical tools, approaches and real-life examples from northern communities. [Learn more about the webinar](#) and [register](#)

Evaluating Community Impact (Tamarack Institute)

February 9-11, 2016 in Vancouver

This three-day workshop provides those who are funding, planning and implementing community change initiatives with an opportunity to learn the latest and most practical evaluation ideas and practices. [Learn more](#)

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

A 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 | Home](#)

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

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

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

Interested groups must participate in a pre-requisite webinar!

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. There are two streams of funding available:

- **Stream One - Seeding Healthy Small, Rural and Remote Communities**
 - **Stream Two – Growing Impact: BC's Next Level of Healthy Communities Leadership**
- ✓ A reminder: To be eligible for *Stream Two: Growing Impact: BC's Next Level of Healthy Communities Leadership* funding, **interested groups must participate in a pre-requisite webinar on January 28th.**
 - ✓ Register for the [Webinar here](#) .
 - ✓ Find answers to **frequently asked questions** including “Why participate in the pre-requisite webinar?” **here.**

For more information, guidelines and applications:

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

GO Grants – Habitat Conservation Trust Foundation

February 15th, 2016 (for grants April 1 – Jun 30)

The main focus of GO Grants is to help get students outdoors and learning through hands-on experiences in nature, specifically field trip projects that offer outdoor and hands-on nature experiences for students. Funding can be applied toward transportation, project materials and program feeds that support outdoor, hands-on learning in and about nature. [Learn more and apply](#)

TD Friends of the Environment Foundation Fund

February 15th, 2016

This fund supports Registered Canadian charities with a Charitable Registration Number (CRN), Educational institutions (primary/secondary/post-secondary), municipalities and Aboriginal groups to engage in environmental initiatives with a primary focus on environmental education, urban greening and enhancing biodiversity, and energy conservation. There are three annual intakes and it is strongly encouraged to connect with your local [TD FEF Regional Manager](#) to discuss your project idea prior to applying. There are also opportunities to connect into the TD Volunteer Network – an online system through which charitable organizations can post local volunteer opportunities. More details can be found at: [Environmental Grants & Funding for Environmental Projects | TD FEF](#)

Girls Only (GO) and Forever Active Bodies 55+ (FAB 55+)

Deadline: February 18, 2016 at 11:59 PM (PST)

These grants provide opportunities for girls and women in all regions of B.C. to participate in sport and integrate regular physical activity into their lives.

Learn more: [Funding for Girls and Women in Sport | viaSport](#)

Local Sport Program Development Fund (LSPD)

Deadline: February 18, 2016 at 11:59 PM (PST)

This Fund makes community sport more accessible to people of all abilities. LSPD funding is awarded to sport programs delivered by non-profit organizations which include local sport organizations, municipalities and Aboriginal communities.

Learn more: [Local Sport Program Development Fund | viaSport](#)

BC Major Capital Funding for Creation of New Licensed Child Care Spaces

Deadline: 4:30 PM, February 26, 2016

Child Care Major Capital Funding is available to help offset the costs associated with the creation of new licensed child care spaces. Under this program, non-profit child care organizations may receive up to a maximum of \$500,000 and private sector child care organizations may receive up to a maximum of \$250,000 for:

- Building a new child care facility.
- Purchasing land and/or commercial or residential space.
- Purchasing and assembling a modular building.
- Site development costs.
- Renovations to a building or classroom.
- Purchasing eligible equipment and furnishings as part of the above activities to create new spaces.

Learn more: [Child Care Capital Funding Program](#)

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](#)

Recent Articles from the Northern Health Blog

- It's a no brainer! by: Kimberlee Hrabinsky, UNBC nursing student. <http://blog.northernhealth.ca/active-living/its-a-no-brainer-2/>
- TeleHealth: Bringing kidney care to remote communities, by: Justine Derksen, physician engagement initiatives coordinator. <http://blog.northernhealth.ca/our-people/telehealth-bringing-kidney-care-to-remote-communities/>
- National Non Smoking Week: Plan to make 2016 your smoke free year, by: Nancy Viney, tobacco reduction lead. <http://blog.northernhealth.ca/health-awareness/national-non-smoking-week-plan-to-make-2016-your-smoke-free-year/>
- Gear up for winter, by: Alandra Kirschner, UNBC nursing student. <http://blog.northernhealth.ca/health-awareness/gear-up-for-winter/>
- Promoting mental wellness: 10 tips! by: Grace Gu, UNBC nursing student. <http://blog.northernhealth.ca/mental-wellness/promoting-mental-wellness-10-tips/>
- Drop and give me twenty! by: Reg Wulff, tobacco reduction coordinator. <http://blog.northernhealth.ca/active-living/drop-and-give-me-twenty/>

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.
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If you have any questions about our list and your privacy, please feel free to phone us at: 250.649.7234

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