

March 31<sup>st</sup>, 2016

## Healthier Northern Communities ebrief

Hello Everyone,

Taking time to focus on your personal health and wellness is always a great investment for yourself, your loved ones and your community.

### **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](#)

### **Colorectal Cancer Awareness Month**

On average, 423 Canadians are diagnosed with colorectal cancer every week. Colon cancer is easier to treat when found at an early stage. The most important risk factor is age. Of the cases of colon cancer, 94% are men and women aged 50 or older and it is recommended that this age group should be routinely screened. Screening is the best chance of detecting the early signs of this cancer.

Learn more about colon cancer and screening for colon cancer at the links below:

- [About Cancer Screening | BC Cancer Agency](#)
- [What is colorectal cancer? - Canadian Cancer Society](#)
- [Colon Cancer Canada | We're behind your behind](#)
- [Colorectal Cancer Association of Canada - CCAC](#)

### **Work-Life Balance**

Do you find it difficult to balance the different roles in your life? 58% of Canadians report "overload" as a result of the pressures associated with work, home and family, friends, physical health, volunteer and community service. [Learn more](#) and take the Work-Life Balance Quiz!

## Food for Thought

- [Sweat is the best antidepressant: But where do we go from here? | Alberta Centre for Active Living](#)

## Healthier Communities Resources

### **CALL. PUSH. RESTART. SAVE A LIFE.**

If you see someone collapse, it could be cardiac arrest. Would you know what to do? Every 4 hours, someone in BC has a cardiac arrest. The Heart and Stroke Foundation of Canada has developed a free app you can download and use to double the chances of survival.

Choose to act, CALL-PUSH-RESTART:

- CALL 9-1-1 and then shout for an AED
- PUSH hard and fast in the centre of the chest
- RESTART the heart by using the AED as soon as it arrives.

Learn more at: [www.callpushrestart.ca](http://www.callpushrestart.ca)

### **Raven's Children IV: Aboriginal Youth Health in BC**

Raven's Children IV provides a comprehensive picture of the health of Aboriginal youth in BC using data from the 2013 BC Aboriginal Health Survey. Learn more and download the report:

[Raven's Children IV: Aboriginal Youth Health in BC | McCreary Centre Society](#)

## **Webinars & Learning Opportunities**

### **Health on the go...there's an app for that! (BC Healthy Living Alliance)**

**Wednesday, April 6<sup>th</sup>, 9:00 to 10:00 am (PDT)**

With the explosion of smart phones, apps and social media, people are increasingly seeking and finding health information at their fingertips. In fact, the Canadian Wireless Telecommunications Association reports that, "one quarter of cell phone users (26%) access health and wellness, fitness, or nutritional tools through their device."

Connecting to people through mobile platforms can make it easier to provide access to health information that is useful and relevant to where they are right now.

Presenter **Dr. Emily Seto** will explain some of the current research and best practices in mobile health and **Regan Hansen** will fill us in on what's been learned from the development and of the recently launched Carrot Rewards app. [Learn more and Register](#)

### **The Role of the Media in Influencing Policy: A Case Examination of Concussions & Alcohol**

**Wednesday, April 6, 2016 from 11:00 am to 12:00 pm (PDT)**

Parachute Canada is hosting a free webinar that will provide an overview of public policy and feature two case examples to illustrate the role of the media in raising awareness and shaping public policy.

[Register](#)

### **Intergenerational Solutions to Elder Abuse: Kids and Seniors Work it Out**

**April 28, 2016 | 10:00 am - 11:00 am (PDT)**

For decades, governments, non-profits, community health and education advocates have worked from two different camps to alleviate bullying of youth and abuse of older adults. This webinar will assist you in understanding reasons for, and ways to bring those two generational camps together, simply and cost effectively, for maximum impact on their shared area of concern. [Register](#)

### **Strategies for Successful Ageing – Free Online Course**

*Strategies for Successful Ageing* is a free five-week, two-hour per week course offered by Trinity Dublin College, University of Dublin. The course is relevant for adults who wish to acquire strategies for successful ageing. Participants will hear about world-leading research in successful ageing. No previous experience or qualifications are required. Topics include perceptions and attitudes regarding ageing, defining what quality of life means to you, tips for increasing fitness, improving nutrition and brain health, staying connected, and creative ageing. Visit the [website](#) for more information. One of the features of the course is a collection of short films that explore the questions "Can your memory go completely?", "Why is attention important?" and "What can you do to keep your brain healthy?" The

films can be accessed [here](#), along with a brief survey on each. The surveys are being used for the purposes of research and to inform practice, policy and development of further materials.

## Conferences & Gatherings

### [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 [here](#)

### [New Warrior Training Adventure \(NWTa\): Rites of Passage for Men](#)

#### **April 8-10, 2016 in Shawnigan Lake BC**

The NWTa is weekend training sponsored by the ManKind Project of Canada and the ManKind Project of British Columbia. [West Coast Men's Support Society British Columbia](#)

### [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 Sylix 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](mailto:gathering@bcfsn.org)

## Funding Opportunities

### [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](#)

For more opportunities check out:

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

## Recent Articles from the Northern Health Blog

- [Pro tips from Northern Health dietitians](#)
- [Foodie Friday: Make small changes to your portion sizes](#)
- [Nutrition Month Week 4: Try something new!](#)
- [Easter potlucks and food safety](#)
- [Nutritious and delicious Easter traditions](#)
- [Foodie Friday: Make your own take-out!](#)
- [Healthy aging with Dzi'is](#)

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](mailto: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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