

November 24th, 2016

Healthier Northern Communities ebrief

The Healthier Northern Communities ebrief is produced by the Regional Population Health program, Population and Public Health, Northern Health. In the spirit of healthy people living, working, learning and playing 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.

Radon Awareness Month

November has been established as Radon Action Month in Canada. Radon is a naturally occurring radioactive gas that you can't see, smell or taste. Radon is the leading cause of lung cancer after smoking, leading to about 16% of lung cancer deaths each year in Canada. High levels of Radon may be found in any enclosed space such as a home, office building or school. The only way to find out how much Radon is in a building is to test for it. The best time to test for Radon is during the colder months of the year. November is a great time to start a Radon test to find out if you are at risk – and [take action on Radon!](#)

Food for Thought

- [Flu Clinic Locations and Information](#)
- [Healthy Canadians](#)
- [Think Upstream](#)
- [Lung Cancer Awareness Month](#)
- [Preschool Hotline Newsletter](#)

Healthier Communities Resources

Traditional Knowledge Leads the Way in Learning, Healing, and Rebuilding Traditional Foodways on Haida Gwaii

Traditional knowledge has informed the successful farm to school programs on Haida Gwaii. Many of these stories are beautifully chronicled in the film, *Local Foods to Schools: Reconnecting the Children of Haida Gwaii to Their Food and Their Land* and the [article](#) from Farm to Cafeteria Canada which highlight new procurement relationships with farmers, fishers, and hunters; paid coordination for local food pantries; and a practice of convening learning circles, among other glowing examples. [BC food security](#)

Success by Six - Annual Report

Success by Six is a partnership of United Ways, Credit Unions of BC, the BC Government through the Ministry of Children and Family Development and Aboriginal and community leaders. They are building family friendly communities across BC — where children have every opportunity to thrive. View the [2015 Annual Report](#).

Influenza (Flu) Season

Flu season generally occurs during the fall, winter and early spring

The flu is an infection of the upper airway caused by an influenza virus. Getting sick with the flu can put you at risk of getting other infections. These include viral or bacterial pneumonia which affect the lungs. The risk of complications, which can be life-threatening, is greater for seniors 65 years and older, very young children, and people who have lung or heart diseases, certain chronic health conditions, or weakened immune systems. Visit [HealthLink BC](#) for more information. For ideas on how to fight the flu check these [Healthy tips](#)

The Dementia Journey

Dementia is a progressive disease, often described as a journey along a winding pathway. But you don't need to travel alone! [Dementia Journey](#) is your link to an in-depth look at the different stages of Alzheimer's disease and related types of dementia.

Keep Active in Winter: Four Essential Winter Workout Wardrobe Tips

The days are colder and it's all too tempting to commit to hermit status. Don't let the cold be a boundary from getting outdoors as the year's brisker seasons takes hold; all you need is a reaffirmed commitment to moving more, a [wardrobe rethink](#), and a dash of seasonal know-how to make the most of our crazy weather.

Let's Talk: Moving Upstream

This to-the-point resource enables us to develop a habit of looking 'upstream' in the ways we listen, allocate resources and decide what to speak up about in our roles. Providing definitions and examples of upstream interventions that influence the causes-of-the-causes of poor health in our communities, this resource sheds light on the important role local governments play in supporting health and well-being for all. [Determinants of health](#)

Drug Prevention Resource for Parents and Caregivers

As part of our work to support the global drug prevention community by providing evidence-based materials and information, we're excited to announce the launch of a free parenting resource. This guide aims to offer parents and caregivers easily accessible information about drug prevention in order to help them raise empowered, healthy and drug free children. We have taken a number of high quality resources produced by some of the leading prevention organizations to create this [guide](#).

Resources for Healthy Aging

Healthy aging promotes independence. Staying healthy is a lifetime commitment to making good choices for your own health care. There are a number of [resources](#) available in your community and online to help guide you.

Healthier Communities Events

ParticipACTION 150 Play List

In celebration of Canada's 150th birthday, we're challenging the country to create a list of 150 activities that define us as Canadian. Vote for your favourites and then challenge friends and family to get out and get active in 2017. You could even win great prizes along the way! [Vote today](#)

Nutrition Screening

Eating well is an important factor in healthy growth and development of children, keeping us healthy as we age. Knowing more about healthy eating and taking action to improve eating habits is important. Find out what is going well and where there is room for improvement by taking the [questionnaire](#).

International Day for the Elimination of Violence against Women

November 25th, 2016

From 25 November through 10 December, Human Rights Day, the 16 Days of Activism against Gender-Based Violence aim to raise public awareness and mobilize people everywhere to bring about change. This year, the UN Secretary-General's UNiTE to End Violence against Women campaign invites you to "Orange the world," using the color

designated by the UNITE campaign to symbolize a brighter future without violence. Organize events to orange streets, schools and landmarks. [Learn more](#)

UNBC Opportunity for a CIRC Research Assistant

December 9th, 2016 – Application Deadline

The Cumulative Impacts Research Consortium (CIRC) is a platform for research and community engagement on the cumulative environmental, community and health impacts of resource development. They are currently looking for a talented student to join their team. The CIRC RA works collaboratively with the CIRC Project Lead, Communications Lead and Steering Committee to support our research and community engagement activities. Please forward your CV and cover letter to chris.buse@unbc.ca with the subject line "CIRC RA application".

Webinars & Learning Opportunities

Cumulative Impacts Workshop

November 29th, 2016 from 1:00 - 4:30 pm (PDT) - Fort St. John, BC

The UNBC Cumulative Impacts Research Consortium (CIRC) will be hosting a free public workshop focused on exploring the positive and negative cumulative community, health and environmental impacts of resource development in the Peace River Region. This half-day event will be a pre-conference workshop to the Northeast BC Resource Communities Coalition's Fall Forum (Nov. 30-Dec.1). [Register today](#)

Empowering Family Health Workshops coming to the North Cariboo

November 2016 – January 2017

Five workshops on food security in five different rural communities are now being planned. The workshops will be held in Barlow Creek, Bouchie Lake, Kersley, Ten Mile Lake, and Wells. To receive additional information or to be added to the email distribution list, please email empoweringfamilyhealth@gmail.com. For specific dates, details and registration, click [here](#).

Ripe for Change - Food Insecurity in BC

Tuesday, December 6th, 2016 from 9:00 - 10:30 am (PDT)

Please join BC Healthy Living Alliance for an informative webinar on food insecurity in BC. This webinar will delve into the current data and look at who is at risk for food insecurity in BC and what can be done about it. We hope to create a dynamic dialogue on how policy and practice can work to support food security for ALL British Columbians. So please [join us](#) and add your perspective to the mix!

Dr. Roger Hart: Children & Youth in the Governance of Communities and Cities

The Society for Children and Youth of BC hosted Dr. Roger Hart as part of their Annual Val Fronczek Lecture and Workshop series on May 31st, 2016. In his presentation, Dr. Roger Hart speaks to the role of youth and children in the governance of their communities. Watch a recording of Dr. Hart's presentation [here](#).

Funding Opportunities

Bike BC Funding

December 16th, 2016 - Application deadline

The Ministry of Transportation and Infrastructure is committing \$8 million in BikeBC funding to communities for 2017-18 to enhance and expand cycling infrastructure such as bike lanes, multi-use paths and trails, and cycling/pedestrian bridges. This includes an additional \$2 million recently announced at UBCM. Learn more [here](#). Application forms are available [online](#).

Multicultural Grant Program

December 18th, 2016 – Application deadline

Multiculturalism Grants support cultural expression and anti-racism programs/projects that raise awareness about or enhance B.C.'s multicultural identity. Not-for-profit societies and community-based organizations are eligible to apply for grants of up to \$5,000 for projects or events that promote B.C.'s rich multicultural heritage. Learn more [here](#).

Community Fund for Canada's 150th

Canada will be celebrating its 150th anniversary in the summer of 2017. Eligible applicants include municipalities, charities, and amateur athletic associations among others. Grant amounts range from \$1,000 to \$15,000. Successful applicants are required to match the grant amount. For more information, visit [Community Foundations](#)

Northern Health Blogs

Aboriginal Health

- [Sharing of cultural practices in health care transitions](#) by: Jonathon Cooper (health service administrator)
- [Orange Shirt Day](#) by: Victoria Carter (lead for engagement and integration, Aboriginal Health)

Healthy Eating

- [Foodie Friday: Making vegetables the star of your supper](#) by: Erin Branco (registered dietitian)
- [Foodie Friday: Lentils](#) by: Sarah Anstey (registered dietitian)

Injury Prevention

- [Learning from Nana: Making small changes to prevent falls and stay independent](#) by: Amy Da Costa (regional nursing lead for injury prevention)

Environmental Health

- [Radon: What you need to know](#) by: Vince Terstappen (communications advisor, population & public health)

Influenza

- [What's the real story on influenza \(flu\)?](#) by: Kathryn Germuth (public health nurse)

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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